

working with communities to improve access to affordable and healthy food - from field to table

Good bye 200 Eastern Avenue!

Good Food NEWS



Mike Nevin, composting king



Chef Sybil Pinnock and Mayor David Miller



Annual plant sale



Mary Lou created the Field to Table Centre 10 years ago



The view from the roof



Tehron in the greenhouse

Zahra, always ready to lead the GFB team, no matter where we go.



GFB packing day



Lynn, GFB Newsletter editor-extraordinaire



Debbie gets ready to depart



The Toronto Beekeepers Coop



the last Focus on Food group at 200 Eastern

WHAT'S LOCAL: Conventional local pears from Peter Brosman; apples from Norfolk, corn and squash are from Bert Andrews; carrots, onions, potatoes and broccoli are from many Ontario farmers. Organic pumpkins and garlic are in both boxes and are from Lena and Erwin Horst. Organic boxes also have arugula and sweet potatoes from Plan B; Red onions and squash from Everdale; Lena sends garlic, tomatoes, pumpkins and beets; from Pfennings comes broccoli, potatoes, and swiss chard. And the apples are from Tansy farm.

FIELD T TABLE

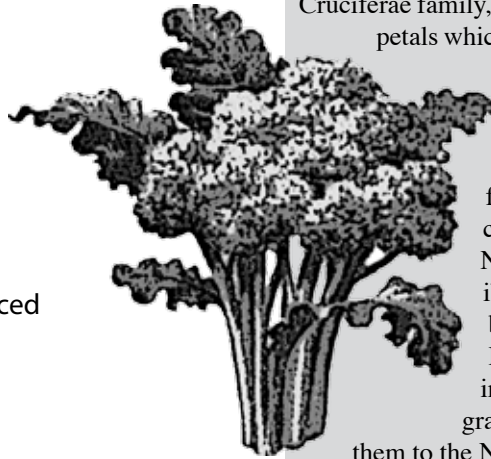


recipes

BROCCOLI APPLE SOUP

serves 4

- 1 tb Olive Oil
- 2 c Fresh Broccoli Stalks- (peeled and diced)
- 2 tb Fresh Thyme, finely chopped or
- 3/4 ts Dried Thyme, crushed
- 1 c Onion -- thinly sliced
- 1 c Cooking Apple - peeled and diced
- 1/2 c Celery, diced
- 4 c Vegetable or Chicken stock
- 1/4 ts Ground white pepper
- 1/4 c Nonfat Yogurt
- 2 tb Minced Parsley



Heat oil in large pot with lid. Add broccoli, thyme, onion, apple and celery. Cover and cook over low heat 10 minutes. Add chicken stock and pepper. Cook 30 minutes more. Remove from heat and cool slightly. Puree 1 cup at a time in blender or food processor. Serve hot or chilled, garnished with a dollop of yogurt and sprinkling of minced parsley. Makes 5 1/2 cups.

Broccoli Sesame Salad

serves 8

- 1 head broccoli
- 2 tablespoons olive oil
- 1/4 cup rice wine vinegar
- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 4 tablespoons sesame seeds -- toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2" pieces. Preheat oven to 450 degrees. Pour olive oil onto a baking sheet. Spread broccoli pieces in one layer, turning to coat with olive oil. Roast at 450 degrees for 5 minutes, turn broccoli pieces over, and continue roasting until broccoli begins to brown, about 5 minute more. Whisk together soy sauce, vinegar, and sesame oil. Stir in 3 tablespoons sesame seeds. When broccoli is done, transfer to a bowl and pour dressing over it, stirring gently to coat. Sprinkle with remaining tablespoon sesame seeds. Serve warm or at room temperature.

featured this week: BROCCOLI

The word broccoli comes from the Latin brachium and Italian brocco meaning "arm", or "branch". Broccoli is often referred to as a "cruciferous" vegetable. The Brassicaceae family (also known as the mustard or cabbage family) was formerly called the Cruciferae family, due to the fact that these plants often have four petals which can look like crosses. Broccoli is the result of years of man's artificial selection for the suppression of flower development in the wild mustard plant. Broccoli has its roots in Italy. In ancient Roman times, it was developed from wild cabbage, a plant that more resembles collards than broccoli. It spread through out the Near East where it was appreciated for its edible flower heads and was subsequently brought back to Italy where it was further cultivated. Broccoli was introduced to the United States in colonial times, popularized by Italian immigrants who brought this prized vegetable with them to the New World.

Broccoli is very perishable and should be stored in open plastic bag in the refrigerator crisper where it will keep for a week. Since water on the surface will encourage its degradation, do not wash the broccoli before refrigerating. Broccoli that has been blanched and then frozen can stay up to a year. Leftover cooked broccoli should be placed in tightly covered container and stored in the refrigerator where it will keep for a few days.

Broccoli is a cool-weather crop that does poorly in hot summer weather. It is usually boiled or steamed, but may be eaten raw and has become popular as a raw vegetable in hors-d'oeuvre trays. Broccoli is high in vitamin C and soluble fiber. Broccoli also contains the compound glucoraphanin, leading to an anticancer compound sulforaphane.

by any other name...

- broccoli - French
- Brokkoli - German
- broccolo - Italian
- bróculos - Portuguese
- broccoli - Dutch

DELIVERIES

for the week of: October 31, 2006
orders are due 5 pm Tues. Oct. 24th

for the week of Nov.7th
orders are due 5pm Tues. Oct. 31st



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