

*working with communities to improve access to affordable and healthy food - from field to table***Good Food NEWS****How is Ontario protecting its prime agricultural land?**

Over fifty percent of prime agricultural land in Canada is located in Ontario and some of the best of this land is located in the GTA area. If you look from the CN tower you can see 1/3 of Canada's best agricultural land. Most of the local produce in the Good Food Box is produced in this region and its protection is important to our ability to have fresh, inexpensive, local and sustainable food.

The provincial government of Canada implemented the Greenbelt Plan on February 28, 2005 which protects about 1.8 million acres of environmentally sensitive and agricultural land in the Golden Horseshoe from urban development and sprawl. It includes and builds on about 800,000 acres of land within the Niagara Escarpment Plan and the Oak Ridges Moraine Conservation Plan. David Suzuki congratulated the government saying "I congratulate you for recognizing that urban sprawl represents a major negative impact on the environment, from continued degradation of wild areas to over-dependence on cars, loss of farmland, and pollution of air, water and soil. I hope the greenbelt is the first of more government initiatives to control sprawl, conserve nature, reduce greenhouse gas emissions, protect air, water and soil, and get us out of our cars. Congratulations on this initiative."

Some farmers, however, are upset. Caroline Hughes, a grape grower in Beamsville says that the biggest worry among farmers is that the government will limit their rights by freezing development on their lands without any compensation plan. Farmers, who are often facing financial difficulties have sold lands to developers to pay for retirement and education costs for their children. Hughes said the government wants to take land that is her future and her children's without compensation.

Farmers, however, may find reprieve due to a growing county-tourism market. Organic and local agriculture are also a growing demand in today's markets and may also be a solution to farmers woes.

FoodShare has moved!!

After a busy and somewhat stressful week of moving furniture, reorganizing and sorting out phone lines, we are settled, or mostly settled, into our new homes. Our main office is at 90 Croatia st. (near Bloor and Dufferin) tel: 416-363-6441 and our Good Food Box and warehouse site is at The daily bread food bank, 191 New Toronto St. tel: 416-392-6653.

FIELD**TABLE**

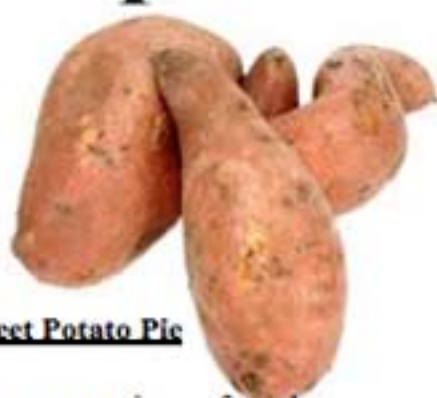
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recipes



6-8 servings
1 1/4 hours 15 min prep

Sweet Potato Pie

1/3 cup	butter or margarine, softened
1/2 cup	sugar
2	eggs, lightly beaten
3/4 cup	evaporated milk
2 cups	mashed sweet potatoes (boil the sweet potatoes until tender, peel and mash)
1 teaspoon	vanilla extract
1/2 teaspoon	ground cinnamon
1/2 teaspoon	ground nutmeg
1/4 teaspoon	salt
1	unbaked 9 inch pie shell

In a mixing bowl, cream butter and sugar. Add eggs and mix well. Add milk, sweet potatoes, vanilla, cinnamon, nutmeg, and salt; mix well. Pour into pie shell. Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees; bake 35-40 minutes longer or until pie tests done. Cool; Store in refrigerator.

Sweet Potato Wedges

4 servings
30 min 5 min prep

2	large sweet potatoes, peeled
1 teaspoon	olive oil
1/2 teaspoon	curry powder
1/4 teaspoon	salt
1/4 teaspoon	ground cumin
1/8 teaspoon	ground cloves
1 Dash	freshly ground pepper

Preheat oven to 425F degrees. Cut sweet potatoes in half lengthwise, then cut each half lengthwise into six wedges. Mix with remaining ingredients in a bowl. Toss gently to coat potatoes thoroughly. Place wedges on a baking sheet without letting them touch and bake for 25 minutes or until very tender.

featured this week: Sweet Potato

Sweet potatoes are native to Central America and are one of the oldest vegetables known to man. Christopher Columbus brought sweet potatoes to Europe after his first voyage to the New World in 1492. By the 16th century, they were brought to the Philippines by Spanish explorers and to Africa, India, Indonesia and southern Asia by the Portuguese. Around this same time, sweet potatoes began to be cultivated in the southern United States, where they still remain a staple food in the traditional cuisine. In the mid-20th century, the orange-fleshed sweet potato was introduced to the United States and given the name "yam" to distinguish it from other sweet potatoes (although it is technically not a yam). Sweet potatoes can be found in your local markets year-round, however they are in season in November and December.

Sweet Potatoes are one of the most nutritious vegetables around. This root vegetable qualifies as an excellent source of vitamin A (in the form of beta-carotene), a very good source of vitamin C and manganese, and a good source of copper, dietary fiber, vitamin B6, potassium and iron. Vitamin A and Vitamin C help to reduce development of conditions like atherosclerosis, diabetic heart disease, and colon cancer. Also, if you or someone you love is a smoker, or if you are frequently exposed to secondhand smoke, then making vitamin A-rich foods, such as sweet potatoes, part of your healthy way of eating, may save your life, suggests research conducted at Kansas State University.

By any other name.....

Ipomoea batatas-Latin	batate marron-French
knollenwinde-German	zoete aardappel- Dutch
boniato batata camote- Spanish	
Seabzamini Sharin- Iranian	

DELIVERIES

for the week of: November 14th
orders are due 5 pm Tues. Nov. 7th

for the week of: November 21st
orders are due 5pm Tues. Nov. 14th



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