



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

Good Food NEWS

Growing Our Energy Needs Locally

There is no question that the cost of petroleum affects the cost of food. If the cost of petroleum goes up, heating and transportation costs will increase our living expenses and rising costs of fertilizer, running of farm machinery and transportation will increase our food costs. In the United States and Canada, 400 gallons or 1500 litres of oil equivalents (about 40 fill-ups at the gas station) are used annually to feed each person (31% for inorganic fertilizer (1994)). We are therefore at the mercy of the petroleum industry in almost every aspect of our lives. How do we become less dependant on petroleum? Growing our own energy locally may be a solution.

Efforts to substitute alternative fuels for petroleum are gaining attention in a world threatened by climate change, rural economic decline, and instability in major oil-producing countries. Biofuel crops take in carbon dioxide from the atmosphere, offsetting the greenhouse gases released when the fuel is subsequently burned. Replacing petroleum with biofuel can reduce air pollution, including emissions of fine particulates and carbon monoxide. Biofuel production also can improve rural economies by creating new jobs and raising farm incomes. As a locally produced, renewable fuel, ethanol has the potential to diversify energy portfolios, lower dependence on foreign oil, and improve trade balances in oil-importing nations.

Biofuel can be created from any plant residue, Brazil uses sugar cane to create ethanol, the US uses corn and France uses sugar beets and wheat. The idea seems to

make sense although when we look at the energy it takes to create certain types of biofuel we see a less promising solution: Growing, transporting, and distilling corn to make a gallon of ethanol uses almost as much energy as is contained in the ethanol itself. Sugar beets are a better source, producing nearly two units of energy for every unit used in production. Sugarcane, though, is by far the most efficient of the current feedstocks—yielding eight times as much energy as is needed to produce the ethanol.

The other major issue for Biodiesel is where will the crops be grown? To grow heavy feeding crops like corn we need fertile soils that could be, and should be used to grow food, not energy. If we use our fertile lands to produce fuels how will this effect our food security?

There is one potential biofuel candidate called switchgrass. Switchgrass is a tall perennial grass used by farmers to protect land from erosion, that requires minimal irrigation, fertilizer, or herbicides but yields 2 to 3 times more ethanol per acre than corn does. Such crops could potentially be harvested on marginal land, avoiding the conversion of healthy cropland or forests to energy-crop production.

Supporting local farmers especially those with sustainable practices to produce food and energy are key in helping us gain control of our food system and energy systems.

M-J.D

Swing for a cause at the 6th Annual Constance Margaret Christmas Ball
 a fundraiser for FoodShare's Wellness Box providing wholesome food for women in breast cancer treatment
 Sunday December 10th at 7 pm at Palais Royale --1601 Lakeshore Boulevard West
 TICKETS: \$30 - To order www.maplemusic.com or at The Big Carrot 348 Danforth Ave 416 466-2129
 Featuring the sophisticated sounds of Tory Cassis and the Saturday Night Function

FIELD T TABLE

a project of

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recipes

Do you have some favorite recipes you'd like to share? We'd love to have them! Mail or email them to us at any addresses in this newsletter. Mark "GFB Recipes"

SCALLOPED POTATOES

This week's recipes submitted by Ann Dawes a nutrition instructor in Toronto.

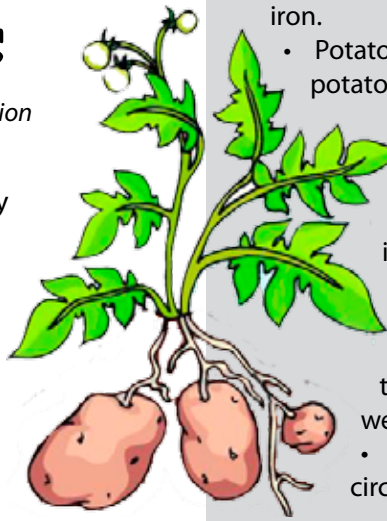
- 1 ½ -2 pounds potatoes, peeled, sliced thinly
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ½ cup grated cheese of choice.
- 1 ½ c milk (1%, 2%, or whole)
- ½ tsp. Salt
- ½ tsp. Ground black pepper
- ¼ - ½ tsp. Dried herb of choice

Peel and thinly slice potatoes. Rinse in cold water and dry thoroughly to remove starch. Layer potatoes in oven proof dish. In small pan, cook onions and garlic until soft, 3-5 minutes. Heat milk mixture to just boiling, stirring constantly. Remove from heat. Stir in cheese. Pour milk and cheese mixture over potatoes. Sprinkle with 2-3 tbsp. Bread crumbs. Bake in pre-heated 350F. for 50 -60 minutes, until potatoes are soft. Remove from oven, let sit for 10 minutes. Yield: 4-6 servings.

CRUNCHY POTATO SALAD

- 3 c cooked, diced potatoes
- 3 hard-boiled eggs diced
- 1/2c diced cucumber
- 1/3c chopped celery
- 1 small onion, chopped
- ¼ c grated raw carrot
- 1/3c chopped green pepper (optional) or ½ cup sweet pickle relish
- 1 ½ tsp celery seed or less if desired
- ½c mayonnaise (or as much as needed)
- 2 tbsp cream
- salt and pepper to taste

Combine all ingredients except mayonnaise and cream. Mix lightly. Thin mayonnaise with cream (or rich milk). Add thinned mayonnaise to combined ingredients and toss lightly. Allow to stand about 1 hour in refrigerator to blend flavour. Serve on crisp greens. Makes 8-10 servings.



featured this week: PEI POTATOES

POTATO FACTS

- Potatoes are a good source of Vitamin C and Vitamin B (thiamine) and in addition supply appreciable amounts of iron.
- Potatoes are a good source of calories. Actually, the potato plant produces one of the largest amount of calories per unit area.
- Potatoes are one of the least expensive of our every day foods.
- Storage: New potatoes, because of their immaturity do not store well for any length of time. Purchase small amounts and handle gently and use as soon as possible.
 - Before storing later varieties, be sure they are mature: the skin should be firm and well "set", and cannot be sloughed off readily.
- Store in a cool, moist, dark area, with good air circulation, at slightly below room temperature.

COOKING TIPS

- Boil potatoes in as little water as possible and serve them as soon as they are cooked to reduce loss of vitamins and minerals.
- Baking or boiling potatoes in their skins retain 80-90% of their Vitamin C.
- Mashed and held for ½ hour, retain only 25% of their Vitamin C.
- Left-over potatoes no longer provide worthwhile amounts of Vitamin C.

by any other name: POTATO

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|-------------------------|---------------------|
| AARDAPPEL - Dutch | PATATA - Italian |
| POMME DE TERRE - French | BATATA - Portuguese |
| KARTOFFEL - German | PATATA - Spanish |

Please NOTE: There will be NO DELIVERIES in the week of Dec. 25th. Deliveries will resume Jan. 2nd and Orders MUST be placed **no later than Dec. 20th!**

DELIVERIES

for the week of: Dec. 12
orders are due 5 pm Tues. Dec. 5

for the week of Dec. 19
orders are due 5pm Tues. Dec. 12th

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