

# Good Food News

## August 2019



Good Food | **BOÎTE DE**  
**BOX** | bonne bouffe  
O T T A W A



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# ORGANIC FOOD FACTS

## What does “organic food” actually mean?

“Organic” refers to how a food is grown or raised. Organic vegetables, fruit, eggs, milk and meat is produced without:

- Synthetic (human-made) pesticides, herbicides and fertilizers.
- Genetically modified organisms (GMOs)
- Antibiotics or growth hormones
- Irradiation or ionizing radiation (a way to preserve food with radiation energy)



Organic farmers often place a focus on caring for the environment (soil, air, water)!

## Why is organic food more expensive?

While organic food does not always cost more than non-organic foods, there are several factors that often make organic food more expensive such as:

- Avoiding antibiotics, growth hormones and synthetic pesticides/fertilizers make organic farming more labour intensive.
- Organic livestock must be fed organic feed and have better living conditions which has a higher cost.
- Demand is high and supply remains limited since organic farms typically have lower yields
- High cost of organic certification particularly affects smaller-scale farmers

## How can I tell if a food is organic?

(1) Look for this logo!



The logo is only permitted on officially certified products with 95% or more organic content. The use of this logo is regulated by the Canadian Food Inspection Agency.

(2) Ask your local stores and farmers!

Certification can be expensive for some farmers. Ontario farmers can still sell organic products to Ontario consumers without this logo and without official certification. This means that you can find great local and organic products without seeing official logo!

## Is organic food more nutritious?

There is not enough evidence to say that organic foods are more or less nutritious than non-organic foods. Whether you choose organic or non-organic food, you can still eat healthy. Foods like vegetables, fruit, whole grains, lean meats, low fat dairy products, legumes and eggs are all nutritious whether they are organically grown or not.

## Bang for your Buck!

Have you ever wondered how much you are saving by shopping with the GFB? Here's the breakdown of the comparable contents of a \$20 Box purchased at a local supermarket in Ottawa:

Item	Quantity	Unit	Cost	Sub-total
Apple (MacIntosh)	4	each	\$0.88	\$3.52
Bananas	2	lb	\$0.57	\$1.14
Oranges	5	each	\$0.76	\$3.80
Carrots	1	3lb bag	\$2.49	\$2.49
Onions	1	3lb bag	\$2.49	\$2.49
Potatoes, white	10	lbs	\$2.49	\$24.90
Cucumber, English	1	each	\$1.99	\$1.99
Broccoli	1	each	\$2.99	\$2.99
Lettuce, green leaf	1	each	\$1.99	\$1.99
		<b>Grand Total</b>		<b>\$45.31</b>



Up to 45%  
in savings!

*\*Please note items and quantities may vary by box depending on availability.*



### **WHEN YOU ARRIVE HOME WITH YOUR GOOD FOOD BOX:**

Make sure to lay your **potatoes** and **onions** out on the counter to dry them out!

**September orders are due September 9th by 11:59 pm**

Next delivery: Tuesday Sept. 17 & Wednesday Sept. 18

Information on previous page courtesy of:

<http://www.inspection.gc.ca/food/requirements-and-guidance/organic-products/eng/1526652186199/1526652186496>

<https://www.unlockfood.ca/en/Articles/Farming-Food-production/Organic-Foods-and-Growing-Methods-FAQ.aspx>

## RECIPES

### **Potato & Italian Sausage Hash** (6 servings)

*Serve with a garden salad and scrambled eggs for a yummy summer dinner!*

- 2 lbs Idaho potatoes, peeled & rinsed
  - 1 large onion, chopped
  - 1 red bell pepper, diced
  - 2 tablespoons butter
  - 1/4 cup vegetable oil
  - 2 hot Italian sausages, cooked and diced
  - 1 cup (250 ml) corn kernels (thawed if frozen)
  - Salt and pepper
  - 1/2 cup fresh basil or parsley, finely chopped
1. In a large pot of boiling salted water, cook the potatoes, covered, about 10 minutes. Run under cold water and drain. Refrigerate for 30 minutes. Pat dry and dice.
  2. In a large non-stick skillet, sauté the onion and bell pepper in the butter until the onion is golden brown. Set aside in a bowl.
  3. In the same skillet, add the oil and fry the potatoes over high heat, turning them occasionally, until browned. Add the onion mixture, sausage and corn. Continue cooking for about 2 minutes. Season with salt and pepper. Garnish with herbs.

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### **Lentil & Potato Curry** (4 servings)

*Serve over basmati rice!*

- 1 large onion, finely chopped
  - 2 tablespoons olive oil
  - 2 cloves garlic, finely chopped
  - 1 tablespoon curry powder
  - 4 cups vegetable or chicken broth
  - 4 cups potatoes, cut into cubes
  - 1 1/2 cups dried green lentils, rinsed
  - 1 can 14oz (398 ml) coconut milk
  - Fresh cilantro leaves (optional)
  - Salt and pepper
1. In a large saucepan, brown the onion in the oil. Season with salt and pepper. Add the garlic and curry powder and cook for 1 minute.
  2. Add the remaining ingredients except for the cilantro and bring to boil. Simmer gently, uncovered, for about 35 minutes or until the lentils are tender. Adjust the seasoning. Garnish with cilantro and serve over basmati rice.



*Recipes courtesy of [www.ricardocuisine.com](http://www.ricardocuisine.com)*