

March 2010



## harvest box news



[www.sfulocalfood.ca](http://www.sfulocalfood.ca)

### Welcome!

For over a year the SFU Local Food Project has collaborated with the Fraser Region Harvest Box program to bring fresh, affordable produce to campus each month. Thanks to your great feedback and lessons learned throughout the year, we are adapting the program to better suit everyone's needs by providing all local/organic options, as well as an affordable value box for folks on a budget.

### Adding CHOICE!

Beginning in April 2010, staff and students can choose between two different boxes:

#### The Value Box – conventional, non-local produce

You're looking for a cheap, convenient way to get more fresh fruits and veggies into your diet. Although you understand the value of local, organic foods, it's the bang for your buck that is your highest concern when seeking out your vitamins.

#### The Local Organic Box – local, organic\* produce

You highly value local and organic produce and understand how choosing these options will make for a more sustainable world. You care about how your food is grown and maintaining local agricultural land. Although buying local/organic may not be a regular option for you, you feel that supporting local, organic farmers once a month is a choice you and your wallet can be happy with.

*\*All produce is grown without the use of pesticides or herbicides but is not always certified organic. This non-certified product is often referred to as "natural" or "no spray."*

### February's Value Box includes...

LOCAL mini cucumbers, potatoes, carrots, onions, romaine lettuce, Aurora Gala Apples, Anjou Pears

The SFU Local Food Project Harvest Box Program is generously supported by SFU Health and Counselling Services, the Graduate Student Society, SFU Residence Life, the Centre for Sustainable Community Development and Sustainable SFU. The SFU Harvest Box is a program of the Fraser Region Harvest Box.

### What's the difference between the Value Box and the All Local Box?

#### ALL LOCAL ORGANIC BOX

- All local, seasonal, organic produce!
- Support local growers
- Farm profiles featured in each newsletter - - meet your maker!
- Helps to support your community and keep both boxes going!



*Delivered on the 2nd Thursday of the month, starting in April*

To keep things affordable, we're still offering the Value Box:

#### VALUE BOX

- Subsidized box designed to make eating fruit and veggies more affordable
- Ideal for students and folks on a budget
- As local as possible but that's not as important as value!
- Imported stuff when it's a good deal!
- Helps people save money!

*Delivered on the last Thursday of the month*

### Increasing FREQUENCY!

Many customers tell us they love the Harvest Box so much that they just can't wait a whole month for their next one! By offering two different boxes, we're now able to provide our customers with biweekly Harvest Box delivery.

#### Delivery Schedule:

- 2nd Thursday of the month: Local Organic Box
- Last Thursday of the month: Value Box

**ORDER ONLINE NOW!**

**[WWW.SFULOCALFOOD.CA](http://WWW.SFULOCALFOOD.CA)**

**Deadline to Order the April All Local Organic Box is  
April 4 2010 for pickup April 8th!**



in the kitchen

local recipes!



[www.sfulocalfood.ca](http://www.sfulocalfood.ca)

### How do I Prepare Cucumbers?

Cucumbers can be eaten peeled or unpeeled (to peel use your vegetable peeler), seeds-in or seeds-out (to seed, split in half lengthwise and gently run a teaspoon through the seed trough), sliced, quartered, or with the mini cuke, whole!

Thinly sliced they make great additions to salads (I use my vegetable peeler to make long, thin strips for salads), or cut thick and top with cream cheese and dill. Yummy stuff!

### Homemade Tzatziki Dip!

This makes an amazing dressing for wraps and a great dip for breads and veggies. A picnic fave!

#### Ingredients

- 2 8 oz. (approx 250 mL) container plain yogurt
- 2 cucumbers peeled, seeded and sliced (about 5 – 6 mini cukes)
- 2 tbsp olive oil
- ½ lemon, juiced
- 1 tbsp chopped, fresh dill (½ tbsp if dry)
- 3 cloves garlic, peeled
- salt and pepper to taste



#### Preparation

1. In blender, combine yogurt, cucumber, olive oil, lemon juice, salt and pepper, dill and garlic. Blend until well combined.

### Creamy Cuke Salad

#### Ingredients

- 1 medium cuke, diced (4-5 mini cukes)
- 2 plum tomatoes, diced
- 4 green onions with tops, sliced
- ½ cup sour cream
- Salt, pepper and dill to taste



#### Preparation

1. Combine all ingredients in bowl, stir until combined and refrigerate for 1 hour before serving

### We're Hiring!

Check out our website for current job postings!

- SFU Harvest Box Coordinator
- Communications Intern
  - E-Newsletter Writer
- SFU Pocket Market Coordinator

Full postings available on our website at [www.sfulocalfood.ca](http://www.sfulocalfood.ca)

Deadline to apply is March 31st - apply today!

Brought to you by the SFU Local Food Project and the Fraser Region Harvest Box Program

#### Contributors:

Matthew Stuart, Fraser Region Harvest Box Coordinator

Rosie Dhaliwal, SFU Health and Counseling Services

Charlene Ponto, SFU Local Food Project

Look for additional recipes and more on SFU's Nutrition Blog, *The Dish* ([www.sfu.ca/thedish](http://www.sfu.ca/thedish)).

### Questions or Comments?

Want to subscribe to our e-newsletter?

We'd love to hear from you!

Email us at [harvestbox@sfulocalfood.ca](mailto:harvestbox@sfulocalfood.ca)

Or visit our website at

[www.sfulocalfood.ca](http://www.sfulocalfood.ca)

SFU Local Food Project  
 2621 West Mall Complex  
 Simon Fraser University  
 8888 University Dr, Burnaby, BC  
 Tel: 778.782.8763