



Good Food Box April 2012

RECIPES FROM THE GOOD FOOD BOX

In the April Box

Potatoes
Onions
Carrots
Lettuce
Peppers
Cauliflower
Broccoli
Celery
Tomatoes
Apples
Bananas
Oranges
Pears

SPINACH PESTO

1 cup packed fresh spinach
2Tbsp pine nuts or cashew pieces
2Tbsp grated romano
(or parmesan cheese)
3Tbsp olive oil
1clove garlic
1/4 tsp salt

Throw all the ingredients into a blender or food processor & give it a whirl. Blend until the spinach, nuts & garlic are finely chopped. Serve over hot pasta & enjoy! Makes enough for two or three generous servings. Fresh tomato slices make a colourful delicious garnish.

INSTANT THAI CHICKPEA SOUP

1can chickpeas (garbanzo beans)
1can coconut milk
2cloves garlic, minced
2med sweetpotatoes, peeled & diced
1cup coarsely chopped tomatoes
1 1/2 Tbsp curry powder
1/4 cup fresh chopped cilantro
(or 1Tbsp dried)
2Tbsp minced fresh basil
(or 1Tbsp dried)

Throw all the above ingredients, except the fresh herbs into a pot together & gently heat for 20-30mins. Just before serving, add the fresh herbs; cook another 2mins. You can replace the sweet potatoes with 4 medium carrots.



April Suppliers Thank You!

Swan Lake Nurseryland
& Fruit Market
Okanagan Grown Produce
Quality Greens Farm
Market

Many thanks to
Seahorse Solutions,
who created a website for us.
www.goodfoodbox.net



L e e k s

What are they and what do you do with them? I know for the longest time in my cooking life I had seen these strange looking vegetables & wondered what do I do with these? What part do I use? And what will they do for me? **Leeks**, like onions & garlic are part of the allium family & as a result they share many similar nutritional properties. **Leeks** are high in sulfur compounds, considered to play an important role in our bodies' ability to detox. **Leeks** are high in vitamins K, A, C, & folate; in addition to the minerals, magnesium, calcium copper & potassium. With a nutrient profile such as this it is no wonder that adding **Leeks** into your diet is a good thing! In previous months we have touched on the topic of oxalates, & it is worth mentioning here as well. When oxalates become too concentrated in body fluids they can crystallize & cause health problems. For this reason, individuals with existing kidney or gallbladder problems may want to avoid eating **leeks** & discuss this with their health care practitioner. You want to be sure the **leeks** you pick are firm with straight, dark green leaves & white necks. The larger the **leek** the more fibrous in texture they will be so ideally you want to find **leeks** that are 1/2" in diameter. The great thing about storing fresh **leeks** is that they will last a relatively long time. Store raw **leeks** unwashed & untrimmed in your fridge & they should last up to 2wks. You can wrap them loosely in a plastic bag to prevent them from drying out. Once you have cooked **leeks** they will only last for 1-2days, so it is important to use them right away after being cooked. With a more delicate & sweeter flavor than onions, **leeks** add a subtle taste to recipes without competing with other flavors that are present. **So...how do you cook them? Do you need to cook them?** When preparing them you want to cut off the green tops & remove the outer layers. Then cut off the root & cut the **leek** in half. Dirt can get easily lodged between the layers so by fanning out the cut **leek** you are able to wash & have them ready to use. I like cutting them in uniform slices. Sautéing is one of the easiest ways to prepare **leeks**. I enjoy adding them with other vegetables such as carrots, snap peas & zucchini. Some olive oil & a dash of salt & pepper to taste – & voila a perfect compliment to your meal! Even easier than sautéing is adding a handful of sliced **leeks** to your salad for a mild & subtle onion taste to add more depth to your salads. So...no need to wait – get out and enjoy!

----- **CLIP and KEEP this INFORMATION** -----

For information about the Good Food Box, call **Diane Fleming at 306-7800**. We are a volunteer organization that really appreciates your time, talents and ideas. **** Delivery service is no longer available except to those with a specific need LIVING WITHIN the CITY of VERNON. Cost is \$3.00; 1-2 boxes and \$5.00; 3-5 boxes *****

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 th Street..... 2 – 6pm Trinity United Church, 3300 Alexis Prk Drive..... 2 – 4pm Only Vernon Student's Association, 700 College Way Vernon Full Gospel Church, 5871 OK Landing Rd
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 – 5pm
Falkland	Debbie	379-2554	Johnny's Java basement suite..... 6 – 8 pm
Westside Rd	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 – 1:30pm
Lumby & Cherryville	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 – 2:30pm
Monte Lake	Jackie	375-2482	Delivered to Door
Enderby	Yvonne Cortney	838-6496	Spallumcheen Indian Band

Please note: Boxes not picked up on these dates are sold or given to charity the following day.

Please call **Diane @ 306-7800** & leave a message if you can't pick up your box.

****Please remember to bring your own bags when picking up next months' GFB!****

PAYMENT BY WED	PICK-UP THURS
April 11	April 19
May 9	May 17

