



# Good Food Box April 2013



RECIPES FROM THE  
GOOD FOOD BOX



## Skinny Samosas

- 1/4 c vegetable oil
- 5 med. sized potatoes, steamed, cooled & diced
- 2 carrots, cooked & diced into small pieces
- 1 c cooked peas
- 2 tsp salt
- 1 tsp turmeric
- 1 1/2 grated ginger
- 1 tsp cinnamon powder
- 1/2 tsp clove powder
- 1 tsp sugar
- 1 green chili, chopped finely
- 1/2 c onion, chopped



- 1/2 fresh cilantro, chopped finely
- Juice of 1 lemon
- 1 Pkg Spring Roll Pastry

Heat the oil in a non stick wide pan if possible. Add the veggies and mix. Add the remaining ingredients except the onion, cilantro and lemon juice. Mix and cook about 10 minutes on medium heat with the lid on. If the filling looks too dry, add 2 Tbsp of water. Add the remaining ingredients and let cool. Once cooled, wrap in spring roll pastry as per package directions. Brush with oil and bake for 20 to 25 minutes in 350 oven or until golden in colour.

Many thanks to SEAHORSE SOLUTIONS

who created our website:

[www.goodfoodbox.net](http://www.goodfoodbox.net)

If you have any recipe ideas that you would like to share, please call Diane at 545-7617.



## Curried Lentil and Apple Soup

- 2 Tbsp butter
- 1 onion, chopped
- 1 carrot, scraped and chopped
- 1 apple, peeled and chopped
- 2 tsp curry powder
- 3/4 cup red lentils
- 1 bay leaf
- 3 1/2 cups water or stock
- 1 Tbsp lemon
- Salt to taste



Heat butter in a large saucepan and sauté the onion, carrot, apple and curry powder for 10 minutes, without browning. Then stir in the lentils, bay leaf, and stock or water. Bring to boil, simmer gently for 20 to 30 minutes, until lentils and vegetables are cooked. Remove the bay leaf. Blend soup. Return to saucepan, add lemon juice and season. Reheat or chill before serving. Chilled soup is delectable with a little cream on top.

## *April Suppliers \* Thank You! \**

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

## **In the April Box**

- 1 bag potatoes \*\* 2 lbs carrots
- 2 lbs onions \*\* 1 lb broccoli \*\* radishes
- 1 lettuce \*\* green onion \*\* 10 oranges
- 1 lb red peppers \*\* 1 lb tomatoes
- 5 lbs apples \*\* 2 lbs bananas



As of July 18, 2013

Good Food Box prices will be:

**\$16 for a regular box**

**\$10 for a small box.**



# Shoots N' Blooms, Sunday, April 21, 2013

## Celebrate Earth Day Local food, Farmers and Fun

Come and discover what the North Okanagan has to offer: local food, farming, and homegrown treats at Fieldstone Organics, 4851 Schubert Rd., Armstrong, from 1—4 pm.



### GET INVOLVED!

According to <http://povertyreduction.ca>, BC has had one of the worst child poverty rates in Canada over the last 8 years. Poverty has a profound impact on the health and well-being of children and families. When children go to school hungry or poorly nourished, their energy levels, memory, problem solving skills, creativity, concentration and behavior are all negatively impacted. As a result, these children may not reach their full physical and social developmental potential. Get involved. Ask questions. Learn what you can do to help.

----- 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 for 1-2 boxes ~ \$5.00 for 3-5 boxes

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205-27 Street Trinity United Church, 3300 Alexis Park Drive Vernon Student's Assoc., 700 College Way Big Chief Mobile Home Park, Clubhouse	2—6 p.m. 2—4 p.m. only  2—4 p.m.
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Valley Blvd.	2—5 p.m.
Falkland	Debbie	379-2554	Johnny's Java Basement Suite	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby & Cherryville	Kathy	547-9323	White Valley Community Centre, 2250 Shields Ave	12:00—2:30 p.m.
Monte Lake	Jackie	375-2482	Delivered to Door	

Please Note: Boxes not picked up on these dates are sold or given to charity the following day. Please call Diane at 306-7800 and leave a message if you cant pick up your box.

**\*\*Please remember to bring your own bags when picking up next month's GFB!\*\***



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
May 8	May 16
June 12	June 20

