



# Good Food Box April 2014

RECIPES FROM THE  
GOOD FOOD BOX



## Banana Roll-Ups

- 4 medium bananas
- 4Tbsp peanut butter
- 1cup granola or Rice Krispies
- 1/4 cup mini chocolate chips (optional)



Mix granola and chocolate chips and place on a plate.

Peel bananas, cut in half and spread with peanut butter and roll in the granola mixture

Makes 4 whole or 8 half banana servings.

## Potato Cakes

- Serves 4
- 1lbs potatoes
  - 1/2c milk
  - 4oz /125g cheese or ground nuts or sunflower seeds
  - 2Tbsp chopped parsley
  - to taste salt and pepper
  - 1/4c whole wheat flour
  - 2Tbsp vegetable oil
- Drain, cool slightly, then slip off the skins with a small sharp knife. Mash, adding enough milk to make a firm consistency.
- Stir in the cheese, nuts or sunflower seeds, the parsley and seasoning.
- Add some more milk if necessary- the mixture must be manageable but not too dry.
- Divide into eight pieces, coat in flour and fry in the oil until crisp on both sides
- Scrub the potatoes, put in a saucepan, add water and steam until tender.

## April Suppliers \* Thank You! \*

Quality Greens Farm Market  
Swan Lake Nursery land and Fruit Market

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.

Good Food Box prices are:  
\$16.00 for a regular box  
\$10.00 for a small box.

## In the April Box

- 5 lbs. potatoes \*\* 2 lbs. carrots \*\* 1 lbs. onions
- 1 lb. broccoli \*\* 1 leaf lettuce
- 1 lb. roma tomatoes \*\* 1 lb. red pepper
- \*\* 4 lbs. Spartans
- 2 lbs. bananas \*\* 8 oranges



Due to weather conditions, food prices have increased drastically.

# Shoots 'N' Blooms Festival Promotes Local Food

Shoots 'N' Blooms - Sunday, April 27 from 12:00- 4:00 pm

Gatzke Orchards, Oyama

Eating local is easier when you know what foods are seasonably available, who your producers are and where you can find their products. The 3rd annual Shoots 'n' Blooms Festival hosted by the Food Action Society of the North Okanagan aims to connect consumers with local producers. The Society encourages everyone to come out and celebrate the arrival of the new growing season and "the year of the family farmer". Come out and chat with farmers, orchardists, cheese crafters, artisan bakers, and more to learn about how your food is produced. Taste food samples and purchase directly from producers.

Enjoy the festival atmosphere complete with live music as you stroll around beautiful Gatzke Orchards. Children will delight in the mini petting zoo and discover the first signs of spring. Admission is by donation.

"Sourcing more of our food locally supports the local economy, helps to protect the environment and provides the freshest food available" says Linda Boyd, community nutritionist.

----- 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., 7000 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	Ann Marie	379-2762	5683 Tuktakamin rd	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby	Pat	545-5865	White Valley Community Centre, 2250 Shields Ave	11:00—1:30 p.m.
Cherryville	Pat	545-8565	White Valley Community Centre, 2250 Shields Ave	11:00—1:30 p.m.

**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.**



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
May 7	May 15
June 11	June 19

