



Good Food Box APRIL 2015

RECIPES FROM THE
GOOD FOOD BOX



Sheila's Carrot Ginger Soup

- 1 medium onion
- 1 tbsp olive oil
- 8-12 large carrots
- 1 potato or yam
- 1-2 tbsp grated ginger
- 1 tsp salt
- 5-6 c broth or water



1. In soup pot sauté onion & olive oil until translucent
2. Add sliced carrots, potato or yam, grated ginger, and salt. Stir until combined then add broth or water
3. Bring to a boil. Decrease heat to medium low and partially cover. Cook until veggies are tender (20-25 minutes)
4. Puree with immersion blender or in batches in regular blender. Serve with a dollop of pesto or sour cream.
5. Optional: add 1/2 to 1 tsp of powdered ginger to increase taste. Can use just carrots but increase by 2-4

April Suppliers * Thank You! *

Okanagan Grown Produce, Swan Lake Fruit Market

Quality Greens , Chronos

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

Many thanks to SEAHORSE SOLUTIONS
who created our website: www.goodfoodbox.net

Good Food Box prices are:

\$16.00 for a regular box

\$10.00 for a small box.

Fresh Spinach Dip (Quality Greens)

- 2 tbsp olive oil
 - 1/2 cup shredded carrots, finely chopped
 - 1/2 cup onion, small diced
 - 1 tsp salt
 - 1/2 tsp black pepper
 - 1 bunch of washed spinach
 - 1 cup sour cream
 - 1/2 cup mayonnaise
 - 2 tsp Worcestershire sauce
 - 1 freshly squeezed lemon juice
- Crackers or chopped veggies for dipping



1. Place a fine mesh strainer in the sink. Heat oil in a large pan over medium heat. Add the carrot, onion, garlic, salt & pepper. Stir and combine
2. Cook stirring occasionally, until the vegetables are softened. Transfer to a large bowl and set aside.
3. Return pan to medium heat, add the spinach, season with salt and cook, tossing occasionally until the spinach is completely wilted.
4. Transfer spinach to the strainer, using a ladle, press on the spinach to squeeze out as much liquid as possible.
5. Finely chop the spinach and add to the bowl with the vegetables. Add sour cream, mayo, Worcestershire and lemon juice stir to combine.
6. Cover and chill until the flavours meld and dip is chilled.

In the April Food Box

- 5 lbs potatoes ** 2 lbs carrots
- 2 lbs onions ** 1 lettuce
- 1 lb tomatoes** 1 lb broccoli
- 1 spinach ** 5 lbs apples
- 8 oranges ** 2 lbs bananas



Stems, stocks and leaves

Chives. As I look out into my garden this month, I notice 2 things, weeds seem to have taken over and my chives are up and growing like weeds. Chives are the smallest species of the onion family. Chives are high in Vitamin C and Vitamin A and contain calcium and iron. Chives are easily grown in the Okanagan as a perennial plant. In the winter months they will die back to their underground bulb only to reappear in the early spring! During their growing season you will want to cut what you need at the base of the plant and use fresh. Chives can be frozen for use in the winter months.

----- 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	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	Brenda	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—1:00 p.m.
Cherryville	Pat	545-8565	White Valley Community Centre, 2250 Shields Ave	11:00—1:30 p.m.

VERNON

Cost is \$3.00 for 1-2 boxes ~ \$5.00 for 3-5 boxes



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
May 13	May 21
June 10	June 18

