



April 2016 Good Food Box

www.goodfoodbox.net

We are a volunteer organization that appreciates your time, talents and ideas.

In the April Box

- 5lbs potatoes
- 2lbs carrots
- 2lbs onions
- 1 lettuce
- 1lb tomatoes
- 1lb broccoli
- 1.5lb yams
- 3lbs apples
- 2lbs bananas
- 6 oranges

Good Food Box prices:

\$16.00 Regular Box

\$10.00 Small Box

To those with a specific need living within the city of Vernon, you may qualify for **delivery service**

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

April Suppliers

Chronos Foods
Okanagan Grown
Produce

**Many thanks to
SEAHORSE SOLUTIONS
who created our
website**

www.goodfoodbox.net

For more information about the Good Food Box call **Diane**

Fleming at **250-306-7800**

Baked Potato Toppings

Directions:

1. Wash and dry 1 medium or large potato for each person
2. Prick skin with a fork and bake in a 400 F oven for 1 hour
3. Cut a cross in the top of each potato and spread the potato open
4. Top the potato with any of the following for a quick, tasty meal
 - Salsa and grated cheese
 - ½ cup baked beans, lentils or chili con sauce
 - Salmon or tuna salad
 - Grated cheese and chopped green onions
 - ½ cup meat sauce
 - Cottage cheese, chilli powder and chopped green onions
 - Yoghurt and chopped green onions
 - Grated mozzarella cheese and Italian seasoning

Spinach Frittata

2lbs spinach, nettles, kale, or chard, washed, stemmed, coarsely chopped	½ cup grated parmesan cheese	½ tsp pepper
5 eggs	1 cup bread crumbs	1 tsp paprika
3 cups cottage cheese	½ tsp salt	

How to make:

1. In a deep pot, cook the spinach until wilted in a small amount of boiling water. Drain well and cool. Squeeze out excess water with hands.
2. Preheat oven to 350 F. In a large bowl beat 3 eggs. Add spinach, cottage cheese, ¾ bread crumbs, parmesan cheese, salt and pepper. Mix thoroughly.
3. Lightly oil the bottom of a 9" x 9" baking pan and sprinkle with the remaining ¼ cup of bread crumbs. Place the pan in the oven for 3 to 5 minutes to lightly brown the bread crumbs
4. Carefully spread the spinach mixture over the baked bread crumbs. Beat the remaining 2 eggs and pour over the spinach mixture. Sprinkle all over with paprika and bake 45 minutes. Cool and cut into 8 squares.



Patchwork Farms Growing for Community

Located on the Vernon Campus of Okanagan College,
7000 College Way

*Patchwork Farms welcomes people of all ages,
abilities, experiences, and needs to an inclusive,
beautiful place for therapy, exercise, learning and
growth

*Empowers and encourages people to grow organic
fruits and vegetables for themselves and to share with
the community

*Increases access to local foods

*Helps those in need gain access to good food

*Makes connections within our community

Patchwork Farms is a community collective, so that
those who share in the work also share in the harvest.
For a yearly allotment fee of \$15.00, you can purchase
your own raised bed, with soil and irrigation. There is
mentoring and onsite support

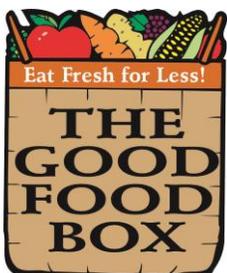
www.patchworkfarmsvernon@gmail.com

250 250 275-8814

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 th St Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Students Association, 7000 College Way	2-6pm 2-4pm 2-4pm 2-6pm
Armstrong	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	2-5pm
Falkland	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8pm
Westside	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30- 1pm
Lumby	Pat and Poppy	250-545-5861	White Valley Community Center, 2250 Shields Ave	11- 1pm
Cherryville	Tina		Cherryville	12pm

Pick-up locations: Please remember to bring your own bags when picking up your GFB!

Please note: Boxes not picked up on the specific dates are sold or given to charity the following day.
Please call 250-306-7800 on pick-up day or leave a message for Diane if you can't pick up your box.



Next Month's GFB dates:

Payment by	Pickup on Thurs
May 11	May 19
June 8	June 16

