

# Good Food Box August 2012

Recipes from the Good Food Box



## Peach Waldorf Salad

- |               |                                      |
|---------------|--------------------------------------|
| 1 lb peaches) | fresh ripe peaches (about 2 peaches) |
| 1 cup         | diced celery                         |
| 1/2 cup       | chopped pecans (optional)            |
| 1/2 cup       | yogurt or low-fat sour cream         |
| 3 Tbsp        | fruit juice                          |
| 3 Tbsp        | mayonnaise                           |

Wash peaches and peel. Cut in half; remove pits, and dice peaches. In large bowl combine peaches, celery, and pecans. Refrigerate covered until well chilled, about one hour. Just before serving, combine yogurt, fruit juice and mayonnaise and gently fold into peach mixture. Serve on lettuce. Makes 4 servings.

## Fruit Muffins

Use berries, peaches, nectarines, cherries or any soft fruit.

- |         |                |
|---------|----------------|
| 1 tsp   | shortening     |
| 2 cups  | flour          |
| 1 tsp   | baking powder  |
| 1 tsp   | baking soda    |
| 1 tsp   | salt           |
| 1/2 cup | margarine      |
| 1/2 cup | sugar          |
| 1       | egg            |
| 3/4 cup | fruit, chopped |
| 1 cup   | milk           |

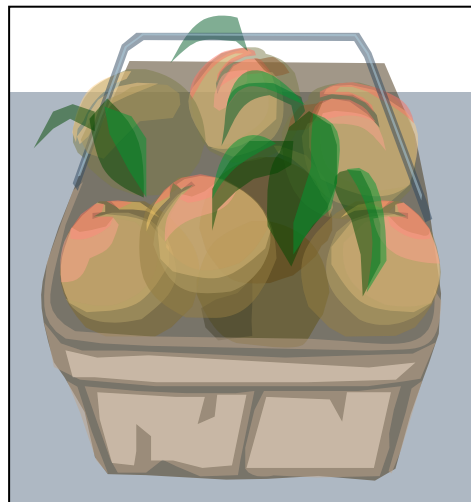


Preheat oven to 375° F. Use shortening to coat muffin tin or use paper muffin cups. Mix flour, baking powder, baking soda, and salt in a large bowl. Make a well in the centre of the mixture. Mix the margarine, sugar, and egg in another bowl. Shred the fruit with a grater or cut into small pieces. Stir the fruit pieces with milk and add to sugar mixture. Pour the fruit and sugar mixture into well of dry mixture. Stir just until blended; do not over-mix. Fill each muffin cup 3/4 full with batter. Bake for 20 to 25 minutes or until the muffins spring back when touched in the centre.

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

### *August Suppliers \*Thank You!\**

Bella Vista Farm Market  
Quality Greens Farm  
Okanagan Grown Produce  
Swan Lake Nurseryland



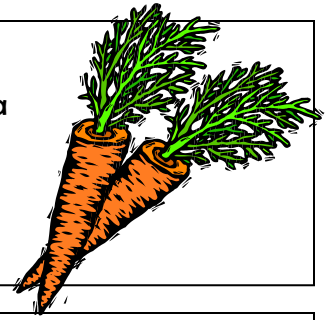
## *In the August Box*

New Potatoes  
Sweet Onions  
Carrots  
Corn  
Zucchini  
Leaf Lettuce  
Tomatoes  
Cucumber  
Pepper  
Cantaloupe  
Cherries

Many thanks to  
**SEAHORSE SOLUTIONS,**  
who created a website for us.  
[www.goodfoodbox.net](http://www.goodfoodbox.net)

## FREEZING FRUITS AND VEGETABLES

Freezing food is a great way to store food for many reasons. If there is a good sale on a certain food you know you use a lot of, buy extra, and freeze if for later use so you can stretch your dollars. Freezing is a lot less time-consuming than canning. To save time, make big batches of your favorite meals and store in serving-size portions for the days that you are busy or too tired to cook.



**Vegetables:** Most vegetables do need to be blanched prior to being frozen in order to retain their freshness & to destroy the enzymes that reduce flavor & nutrients. Wash, drain, sort, trim & cut the vegetables as needed.

**Method of freezing vegetables:** In a large pot with a cover, bring water to a rolling boil. Place vegetables in a metal basket or strainer & lower into water. Use approximately 16 cups of water per 1 lb of vegetables. Begin counting blanching time as soon as vegetables hit the boiling water. Keep the heat on high & stir the water or keep the container covered. *Do not under-blanch the vegetables.* When blanching time is complete, cool quickly. Immediately immerse into a sink full of ice water. Stir several times during cooling time. Drain cooled vegetables well & pack loosely in meal-size, airtight, moisture-proof packaging. Leave ½" headspace when packing in containers.

**Beans** – Trim ends and cut into 2 to 4 inch lengths; blanch for 3 minutes. **Beets** – Leave 2 inches of stem & taproot, wash & cook until tender. Cool & remove skins, stem & tap root. Leave whole, quarter, slice or dice.

**Broccoli, cauliflower** – Wash & remove leaves & woody stem parts. Separate heads into serving sizes & immerse in brine (1 cup pickling salt & 16 cups cold water) for 30 mins to remove insects. Rinse & drain. Blanch for 3-4 mins. **Carrots** – Wash, scrape or peel, dice or quarter. Small carrots may be frozen whole. Blanch cut carrots 3 minutes; whole 5 minutes.

**The importance of Headspace:** with either canning or freezing, it is important to leave headspace as liquids will expand when frozen & could break your containers. Leaving too much headspace, however can lead to an increase in frost or snow in your containers, which leaves your food tasting 'burnt'.

----- 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 \*\*\*

<b>Vernon</b>	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 <sup>th</sup> 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
<b>Armstrong</b>	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 – 5pm
<b>Falkland</b>	Debbie	379-2554	Johnny's Java basement suite..... 6 – 8 pm
<b>Westside Rd</b>	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 – 1:30pm
<b>Lumby &amp; Cherryville</b>	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 – 2:30pm
<b>Monte Lake</b>	Jackie	375-2482	Delivered to Door
<b>Enderby</b>	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
Aug 8	Aug 16
Sept 12	Sept 20