



AUG GOOD FOOD BOX

www.goodfoodbox.net

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

In the Aug Box

- 5 lbs. new potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 lb green beans
- 1 lb feild tomatoes
- 4 cobs corn
- 1.5lb peaches
- 1 small cantaloupe

Good Food Box prices:

\$17.00 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

Burkes,
Chronos Foods, and
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**

Carrot and Cashew Nut Roast

- 1 medium onion, chopped
- 1-2 cloves garlic, crushed
- 1 tbsp olive or sunflower oil
- 1 pound carrots, cooked and mashed
- ½ C cashew nuts, ground
- ½ C whole wheat breadcrumbs
- 1 tbsp light tahini
- 1 ½ tsp caraway seeds
- 1 tsp yeast extract
- Juice of ½ a lemon
- 6 tbsp broth from the carrots or water
- Salt and pepper

How to make:

1. Saute the onion and garlic in the oil until soft.
2. Mix together with all the other ingredients and season to taste.
3. Place the mixture in a greased 2-pound loaf pan.
4. Cover with foil and bake at 350F 1 hour.
5. Remove the foil and bake a further 10 minutes.
6. Leave to stand in the baking pan at least 10 minutes before unmolding.

Serves 6

Omit caraway seeds if you don't care for them. Use Bragg's, soy sauce or marmite for yeast extract. The recipe can be doubled.

Carrots and Green Beans with Lemon Dill

- ½ lb Carrots, peeled
- ½ lb Green beans
- 1 tsp Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Chopped fresh dill
- 1/8 tsp Salt
- 1/8 tsp Ground black pepper

How to make:

Cut carrots into thin sticks the same length as the green beans. Place carrots and green beans in small amount of water in covered pot and boil for 5 minutes, or until just tender. Drain. Add olive oil, lemon juice, dill, salt and pepper and mix gently.

Serves 4



Why Eat Local?

1. Locally grown food is fresher, tastier and more nutritious. Food grown in your own community was probably picked within the past day or two retaining all the nutrients.
2. Local food production improves the local economy creating employment and local business options such as farmers' markets, farm processors.
3. Local food supports local farm families. Farmers selling direct to consumers cut out the middleman and get full retail price for their food.
4. Local food production conserves farmland. When we buy direct, we create a demand, which helps to ensure that agricultural lands will continue to be farmed.
5. Food preserves genetic diversity. Local farms grow a large number of varieties to provide a long season of harvest, along with interesting colours and flavours.
6. Locally grown food reduces environmental impact. Small scale, mixed farming tend to steward the land better because environmental consequences are felt locally. Green spaces capture carbon emissions and provide wildlife habitat.
7. Local food could protect us from a disruption in the food supply.

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

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	1-4pm
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	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1pm
Cherryville	Tina	250-351-9042	Cherryville	12pm

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
Sept 13	Sept 21
Oct 11	Oct 19

