



# Good Food Box February 2013



RECIPES FROM THE  
GOOD FOOD BOX

## Apple Cheese Muffins

- ½ cup margarine
- ½ cup sugar
- 2 eggs
- 1 ½ cups flour
- 1 tsp baking soda
- ½ tsp salt
- ¾ cup rolled oats
- 1 cup chopped apples
- ⅔ cup grated sharp cheese
- ½ cup chopped nuts
- ¼ cup milk



Cream margarine and oats. Add eggs and beat well. Sift flour, soda, and salt. Stir into creamed mixture. Stir in oats, apple, cheese, and nuts, mixing well. Add milk last. Fill greased muffins tins ¾ full.

Bake 400 F

Time 20-25 minutes



## Apple Clafouti

- ½ cup milk
- ½ cup ricotta or cottage cheese
- 2 large eggs
- ½ cup sugar
- ½ cup flour
- 1 tsp vanilla extract
- 2 cups apples, peeled & sliced



In a food processor, or blender, combine milk, ricotta, eggs, sugar, flour, and vanilla. Process until smooth.

Spread the fruit evenly over the bottom of an 8-inch deep-dish pie plate. Pour the batter evenly over the top.

Bake until puffed and golden brown.

Bake 425 F

Time 30-35 minutes

## *February Suppliers*



*\* Thank You! \**

Bella Vista Farm Market \* Okanagan Grown Produce  
Quality Greens Farm Market  
Swan Lake Nurseryland and Fruit Market

Many thanks to

SEAHORSE SOLUTIONS,

who created a website for us. [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

The Good Food Box mourns the passing of James Cooney. His diligence, organization skills, and friendly personality will be sorely missed. He gave his all.



## **In the February Box**

Potatoes – Onions – Carrots - Spinach  
Broccoli Crowns - Lettuce – Green Pepper  
Roma Tomatoes – Apples - Bananas - Oranges





# Food Storage Tips



- Apples** Keep apples in the fridge in a plastic bag to keep them crisp, and moist; they last much longer.
- Potatoes** Store in a cool, dark, well ventilated area; not in an airtight plastic bag.
- Broccoli & Cauliflower** Store unwashed in a plastic bag in the refrigerator; use in a few days.
- Onions** Store whole onions, unwrapped in a cool, dark, dry place with good air circulation for up to 2 months. Wrap cut pieces in plastic wrap and refrigerate up to 4 days.
- Carrots** Refrigerate unwashed in a plastic bag for up to 2 weeks.
- Celery** Store in the fridge in a plastic bag. For a quick, healthy snack, wash, cut into slices and have available in a closed plastic bag or plastic container.
- Tomatoes** For best flavor; store on counter away from direct sunlight. If tomatoes start to become over ripe, store in refrigerator for 2 or 3 days. Take out of fridge 30 minutes before slicing for better flavor.
- Bananas** If unripe, put in a plastic bag and watch for 1 to 2 days. Store at room temperature. Very ripe bananas can be frozen without the skin in a bag or container to use in baking, or fruit shakes.
- Oranges** Best kept in refrigerator in a plastic bag.

**Wait until just before preparation to wash, or immerse your produce in clean drinking water.**

----- 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., 700 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	Debbie	379-2554	Johnny's Java Basement Suite	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby & Cherryville	Kathy	547-9323	White Valley Community Centre, 2250 Shields Ave	12:00—2:30 p.m.
Monte Lake	Jackie	375-2482	Delivered to Door	

**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.**

**\*\*Please remember to bring your own bags when picking up next month's GFB!\*\***



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
February 13	February 21
March 13	March 21

