

Good Food Box February 2015

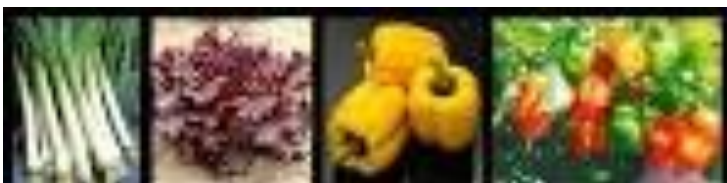


Gerry's Carrot and Apple Muffins

- 1 1/2 c flour
- 3/4 c ground flax seed
- 3/4 c oat bran
- 1 c brown sugar
- 1 tsp baking powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 1/2 c shredded carrots
- 2 medium grated apples
- 1 1/2 c raisins
- 3/4 c buttermilk
- 2 beaten eggs
- 1 tsp vanilla
- 2 tsp vegetable oil



1. Combine flour, flax, oat bran, sugar, baking powder, baking soda, and cinnamon
2. Add carrots, apples and raisins
3. In another bowl mix buttermilk, eggs, vanilla and oil
4. Combine wet with dry ingredients
5. Fill muffin tins. Makes 1 1/2 dozen. Bake at 350F for 20 to 25 minutes



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.

Millie's Onion Soup

- 4 medium sliced onions
 - 1 litre beef stock or 2 beef bouillon cubes
 - Salt and pepper to taste
 - 1 Tbsp butter
 - 1/2 tsp Worcestershire sauce
 - Grated Cheese and/or croutons as a garnish
1. Saute sliced onions in butter
 2. Add broth, sauce, salt and pepper and simmer for 2 to 3 hours
 3. Serve with cheese and croutons



*February Suppliers * Thank You! **
 Chronos, Okanagan Grown Produce
 Quality Greens Farm Market,
 Swan Lake Nurseryland & Fruit Market

In the February Box

- 5 lbs potatoes ** 2 lbs carrots
- 2 lbs onions ** 1 lettuce
- 1 lb tomatoes** 1 lb broccoli
- 1 lb pepper ** 1 spinach
- 5 lbs apples ** 10 oranges ** 2 lbs bananas



Stems, stocks and leaves

There is a place for things like broccoli stalks, onion skins and leaves. It is usually called the garbage. These are a nutritional treasure!

Onion Skins. Their papery peels have lots of fiber, antioxidants (quercetin and fructan). Quercetin is a heart protective flavonoid; it can help reduce blood pressure. Fructans are prebiotics—great for gut health. Onion skins left overs can add flavour to soups and stock. Simmer, then toss before serving.

Stalks and stems from broccoli, cauliflower and chard. Broccoli stems contain more fibre, vitamin C, and calcium than the florets. Swiss chard stems are rich in glutamine, an immune boosting amino acid. Peel and slice broccoli or cauliflower stalks to give a sweet, crunchy snack, perfect for dipping in hummus, or use in stir fry or soups. Try baking chard stems with olive oil and parmesan.

Leaves/greens (celery, broccoli, beet greens) The celery leaves contain FIVE times more magnesium (essential for energy) and calcium (important for bone and muscle health) than the stalks. Beet greens are richer in antioxidants, fiber, calcium and iron than the sweet bulb.

Beet and turnip greens sweeten with cooking. Saute or stir fry them. Celery tops can be used in salsas or soups (great for those who have an aversion to cilantro).

----- 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
March 11	March 19
April 8	April 16

