



February Good Food Box

www.goodfoodbox.net

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

In the February Box

- 4 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1lb green pepper
- 1lb roma
- 1 lettuce
- 1 red cabbage
- 2lbs bananas
- 4lbs apples
- 6 oranges

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

Feb Suppliers

Chronos Foods

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

Braised Cabbage and Apples

1tbsp butter	1 medium onion, halved, thinly sliced
1 apple, halved, cored, quartered, thinly sliced	1 head red cabbage, cored, quartered and thinly sliced
Pinch salt and pepper	3tbsp cider vinegar
4tsp sugar	½ cup water

How to make:

1. In a large heavy pot, melt butter over medium heat.
2. Add onion and sauté, stirring until soften.
3. Add apple, stirring for 2 minutes
4. Stir in cabbage and season with salt and pepper
5. Add vinegar, sugar and water. Bring to a boil, reduce to simmer, cover and cook until cabbage is tender. 20 to 25 min.

Russian Cabbage Borscht

1 ½ c thinly sliced potatoes	1 c thinly sliced beets	4 cups stock or water
2tbsp butter	1 ½ cups chopped onions	1tsp salt, pepper to taste
1 celery, chopped	1 large carrot, sliced	3 cups chopped red cabbage
Chopped tomatoes for garnish	¼ tsp fresh dill	1tbsp cider vinegar
1tbsp honey	1 cup tomato puree	Sour cream, for topping

How to make:

1. Place sliced potatoes and beets in a medium saucepan over high heat: cover with stock, and boil until vegetables are tender. Remove the potatoes and beets and reserve stock.
2. Melt butter in a large frying pan over medium heat. Stir in onions, caraway seeds and salt; cook until onions become soft and translucent. Stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender (10 min.)
3. Add beets and potatoes. Season with pepper and dill. Stir in cider vinegar, honey and tomato puree. Cover, reduce heat to med.
4. Low and simmer at least 30 minutes. Serve topped with sour cream, dill and chopped tomatoes.

Top 10 Ways with Red Cabbage

Red cabbage is a healthy, thrifty and robust vegetable. This underrated ingredient may be a problem because the tightly –packed sphere yields so many layers it sometimes hard to use up a whole cabbage.

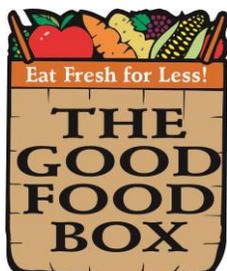
- Choose the best red cabbage that feels heavy, is bright and has crisp leaves.
- Red cabbage is easy to prepare. Strip off the outer leaves, wash, and then slice into quarters, cut out the hard core on each, then chop or shred.
- Lock in the colour by adding a touch of vinegar or lemon juice when cooking red cabbage in water. This stops the lovely deep purple hue from running.
- Don't over pickle or over boil the red cabbage too much.
- Go raw. Slice or grate the cabbage finely and eat in salad.

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		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
March 8	March 16
April 12	April 20

