



Do you want to help as a volunteer with our non-profit society?

# February Good Food Box



[www.goodfoodbox.net](http://www.goodfoodbox.net)

[www.facebook.com/GoodFoodBoxNorthOkanagan](https://www.facebook.com/GoodFoodBoxNorthOkanagan)

[goodfoodboxok@gmail.com](mailto:goodfoodboxok@gmail.com)

## *In Large (\$20) Feb Box:*

- 5 lbs local potatoes
- 2 lbs local onions
- 1.5 lbs BC carrots
- 1 BC Romaine lettuce
- 1 lb Roma tomatoes
- 2 lb sweet potatoes
- 1 lb broccoli crowns
- 1 cucumber
- 2 lbs local Ambrosia apples
- 2 lbs local Anjou pears
- 2 lbs bananas
- 4 oranges

## *In Small (\$12) Feb Box*

- 2 lbs local potatoes
- 1 lbs local onions
- 1 lb BC carrots
- 1 BC Romaine lettuce
- .5 lb Roma tomatoes
- 1 lb sweet potatoes
- 1 lb broccoli crowns
- 1 cucumber
- 1 lb local Ambrosia apples
- 1.5 lbs local Anjou pears
- 1 lbs bananas
- 2 oranges

### **GOOD FOOD BOX PRICES**

Large: \$20

Small: \$12

Lrg sustaining: \$25 (same items as lrg box & \$5 goes to support the program)

Those with a *specific need* (and living within the city of Vernon) may qualify for delivery service.

Cost: \$3.00 for 1 –2 boxes

\$1.00 per box for 3—5 boxes

## Carrot Muffins

- |                  |  |                     |
|------------------|--|---------------------|
| 1 3/4 c flour    | 1 tsp baking powder                        | 1 tsp baking soda   |
| 1/2 tsp cinnamon | 1/2 c raisins or nuts                      | 1/4 c vegetable oil |
| 2 eggs           | 1/3c sugar                                 | 1 cup applesauce    |
| 1/4 c milk       | 1 cup grated carrots (about 2or 3 carrots) |                     |

1. Preheat oven to 350F
2. Combine dry ingredients in a big bowl
3. Mix wet ingredients into dry. Mix just to moisten
4. Spoon into 12 greased muffin tins
5. Bake in a 350 F oven for 30 minutes



## **Moroccan Chick Pea Stew**

- |                                |  |
|--------------------------------|--|
| 1 Tbs 15 ml Olive Oil          | 1 large onion chopped                              |
| 3 cloves garlic, minced        | 1 carrot & celery stalk, thinly sliced             |
| 1 green pepper, cubed          | 2 cups 500 ml peeled, cubed squash or sweet potato |
| 1 cup 250 ml raisins           | 1/2 tsp each cumin & turmeric                      |
| 1 tsp each cinnamon & paprika  | 28 oz 706 ml canned whole tomatoes                 |
| 10 oz 540 ml canned chick peas | 1 cup 250 ml Chicken stock                         |

In a large deep saucepan over medium heat. Cook onion, garlic, carrot, celeray, green pepper and squash 10 minutes until squash beings to soften. Stir in raisins, cinnamon, paprika, cumin and turmeric. Cook 1 min longer.

Add tomatoes, chick peas and stock. Bring to a boil, reduce and simmer uncovered for 20 minutes or until vegetables are tender. Season with salt and pepper to taste. Serve over hot rice or couscous.

## Next Good Food Box Dates

**\*add reminders to your calendar\***

**Order & Pay By:      Pickup on 3rd Thurs**

March 8th                      March 17th

April 12th                      April 21st

May 10th                        May 19th

# Thank you!



**\*Okanagan Grown Produce\***

**\*Okanagan Quality Wholesale \***

**\*Swan Lake Market and Garden\***

**Thank you to Independent Living for printing our newsletter!**

**PLEASE CONSIDER BEING A VOLUNTEER FOR THE GOOD FOOD BOX**

**WE REALLY NEED YOU!**

As food prices go up, we are finding that more folks are utilizing the Good Food Box. Who wouldn't want a box full of affordable produce that is almost half the cost of grocery store prices thanks to the power of community bulk buying?!

But while we are providing **more boxes**, we are also **losing some of our core volunteers** due to age, health issues, etc!

We are in need of volunteers (for Vernon) who are able to commit to helping each month. We need people who can help on the 3rd week of every month.

You might choose to help on that Tuesday with setting up the tote bins in the hall of the main distribution centre? Possibly helping to unload produce from the delivery trucks if we have deliveries that day?

Or perhaps you can help on the Wednesday with unloading produce from the trucks. Maybe you have a truck and /or a trailer to help pick up bulk produce from local suppliers? We really need help with that!

Maybe you can help on the 3rd Thursday by weighing and bagging produce, filling bins with produce, assisting with box recipients picking up their boxes, washing and putting away tote bins? We also need a couple of delivery drivers on this day!

You can also choose to help on more than one day. You can come for an hour or two, or you can help for several hours. We are flexible!

**PLEASE CONSIDER HELPING THE COMMUNITY WITH FOOD SECURITY.**

**Call Diane at 250-306-7800 or email Dorothy at [dorothyfowler222@hotmail.com](mailto:dorothyfowler222@hotmail.com)**