



# Good Food Box July 2014



## Summer Salad Rolls

1 pack rice paper  
2 cups thinly grated veggies such as carrots, zucchini, green onions, lettuce, celery, cabbage, spinach

### Dressing:

1 Tbsp tamari or soya sauce  
1 Tbsp apple cider vinegar, lime or lemon juice  
1 Tbsp olive oil  
1 tsp veggie seasoning mixture

Mix dressing ingredients together in a small jar and set aside. Prepare vegetables, toss them with dressing and let them marinate for 20 minutes. Prepare rolls one at a time. Soak rice sheets in a shallow pan half filled with room temperature water for 1 minute. Remove sheet from water and place on a cotton cloth. Add 1-2 Tbsp marinated veggie filling in the middle of the wrap and roll up, tucking in the ends. The rice wrap will seal itself in a few minutes. When sealed, remove to a platter. Repeat. Chill. Serve with Thai dipping sauce.



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

Good Food Box prices are:  
\$16.00 for a regular box  
\$10.00 for a small box.

## Cherry Flan Tart

- |                        |   |
|------------------------|---|
| 2 cups pitted cherries | 1. Put cherries in a 9" square greased baking pan.                                    |
| 1 egg                  |   |
| 1 cup milk             | 2. Combine egg, milk, flour, sugar and vanilla to make a custard. Pour over cherries. |
| 1/3 cup flour          |   |
| 1/4 cup sugar          | 3. Bake in oven at 400F for 35 minutes.   |
| 1/2 tsp vanilla        | 4. Serve immediately  |



*July Suppliers \* Thank You! \**  
Bella Vista Farm Market, Good n Plenty, Okanagan Grown Produce, Quality Greens Farm Market  
Swan Lake Nursery land and Fruit Market

## In the July Box

- 5 lbs. potatoes \*\* 2 lbs. carrots
- 1 lb onions \*\* 1 cabbage \*\* 1 lb green beans
- 1 lb roma tomatoes \*\* 1 lettuce
- 1 1/4 lb cherries \*\* 2lbs apricots



# Why Eat Local?

## 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. Local 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.

----- 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—1:30 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
August 13	August 21
September 10	September 18

