



JULY GOOD FOOD BOX

www.goodfoodbox.net

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

In the July Box

- 4 lbs. new potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 lettuce
- 1 lbs tomatoes
- 1 cucumber
- 1 zucchini
- 1 cabbage
- 1lbs cherries
- 2lbs apricots

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

Burkes, Feb Suppliers

Chronos Foods, and Okanagan Grown Produce

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

CousCous Salad

2 Cups couscous	1 tbsp olive or vegetable oil
2 cups boiling water	1/3 cup olive or vegetable oil
¼ cup lemon juice	2 tsp cumin
½ tsp turmeric	Salt and pepper to taste
½ cup grated carrots	1 ½ cup finely chopped tomatoes
1 cup finely chopped parsley	½ finely chopped red onion or white onion
1 cup finely diced peeled and seeded cucumbers	1 cloves garlic, minced

How to make:

Place the couscous in a bowl and work in 1Tbsp oil with your fingertips. Pour the boiling water over the couscous, cover tightly and let stand until the water is absorbed. When cool enough to handle, fluff up with your fingers before continuing. The couscous can be prepared up to one day in advance. Cover and refrigerate.

Beat the olive oil, lemon juice, garlic, turmeric, salt and pepper together. Pour over the couscous and mix well. Add carrot, tomato, cucumber, parsley and onion. Toss well. Adjust the seasoning and serve.

Texas Coleslaw

1cup	mayonnaise
1Tbsp	lime juice
1Tbsp	ground cumin
½ to 1tsp	cayenne pepper
1tsp	salt
1tsp	ground pepper optional
1	medium head cabbage, rinsed and very thinly sliced
2	large carrot, shredded
3	green onion, sliced radishes, sliced

How to make:

1. In a large bowl, whisk together the mayonnaise, lime juice, cumin, salt and pepper. Add the cabbage, carrot, green onions and radishes and stir until well combined.
2. Refrigerate at least 1 hour.

Why Drink Water?

Water is essential for a healthy mind and body, as every cell, organ and tissue in the body needs water to function properly. Water is needed to keep the body hydrated, regulate body temperature, lubricate joints, remove waste products from the body, aid digestion and keep the skin healthy.

Strive for 8 cups or more water each day through drinking or from your food.

Make drinking water more fun by:

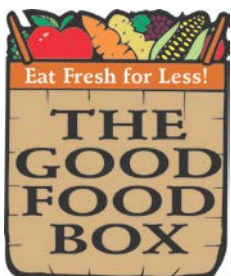
1. Adding fresh fruit. Citrus fruits, such as lemons, limes or oranges are classic water enhancers. Try flavours such as crushing fresh raspberries, slicing strawberries or cucumbers, or watermelon.
2. Adding fresh mint or basil with the fruit
3. Get creative with ice. Freeze fresh fruit, mint or cucumber in ice cubes. Serve with water.
4. Drink herbal teas
5. Try bouillons, broth and consommés. Choose low fat and low sodium versions.

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	250-351-9042	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
Aug 8	Aug 17
Sept 13	Sept 21

