

# Good Food Box June 2012



## COLD ZUCCHINI SOUP- serves 6

- 4 cups chopped zucchini
- 1/2 cup chopped onion
- 2Tbsp vegetable oil
- 1 clove minced garlic
- 1/2 tsp salt
- 2Tbsp flour
- 5 cups vegetable stock

### METHOD:

1. Sauté zucchini, garlic & onion in oil for 10mins.
2. Add salt, flour & stock.
3. Bring to boil & cook for 5mins.
4. When cool, process in a blender & refrigerate.
5. Serve with yogurt or sour cream & chopped chives or green onions.

## ROASTED VEGETABLES -serves 6

- 2 carrots, peeled & cut into chunks
- 1 red pepper, cut into chunks
- 1 zucchini, cut into chunks
- 1 sweet onion, cut into chunks

### DRESSING:

- 2Tbsp olive oil
- 1 1/2 tsp Italian dressing

### Optional:

- 2 potatoes, cut into chunks
- 6 small mushrooms

### METHOD:

1. Preheat oven or BBQ to 400F.
2. Wash, cut & combine veggies in a large bowl. Add oil & Italian seasoning; toss to coat.
3. Place veggies on a cookie sheet or BBQ basket.
4. Bake in oven or BBQ, stirring occasionally for 30-40mins or until golden brown.



## June Suppliers Thank You!

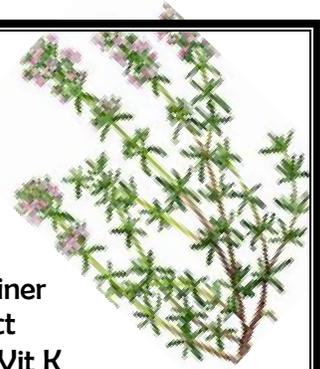
Good 'n Plenty  
Quality Greens Farm  
Okanagan Grown Produce  
Swan Lake Fruit Market

Many thanks to  
SEAHORSE SOLUTIONS,  
who created a website for us.  
[www.goodfoodbox.net](http://www.goodfoodbox.net)

## In the June Box

Potatoes // Green Onions // Carrots  
Lettuce // Red Pepper // Zucchini  
Gala Apples // Bananas // Strawberries

# Herbs – easy to grow & perfect to use! Perennial herbs here in the Okanagan!



Believe it or not herbs aren't just about adding flavor to your favorite dish, in fact, herbs are full of great nutrients. Below are a few herbs that are easy to grow in a container or in your garden & come back year after year in the Okanagan, making them a perfect addition to your summertime fun! **Thyme** is an herb that is high in Iron, in addition to Vit K & calcium & contains several flavonoids, building on it's strong anti-oxidant abilities. I add Thyme to most marinades for roasted or BBQ veggies or potatoes. **Oregano** is another great herb that I like to add to roasted or bbq'd potatoes, in addition I enjoy adding Oregano to my fresh salads, it is a mild flavored herb in my opinion & almost sweet when just picked. Oregano is a good source of Vit K & E in addition to iron & calcium as well as providing you with a good source of dietary fiber. Last but not least another great herb that grows well in the Valley is **mint**. One thing to be aware of, it can take over your garden, so unless you want a particular area to be well stocked, I would suggest placing this in a container. Either spearmint or peppermint can be grown – the main difference being that spearmint tends to have a milder taste over the stronger peppermint. Probably best known for its stomach soothing qualities and its use in teas, I love to add mint to my homemade sun tea. High in Vit C & A it is a perfect addition to a favorite summertime treat. **Sun tea.** Choose your favorite herbal tea bag – my favorite is Raspberry Zinger, but any fruity type will do. Place 2-3 tea bags in a large glass jug, add 1 sliced lemon & fill with fresh cold water. Put a lid or cover with plastic wrap or a small dish to prevent bugs from flying in the jug & place in direct sunlight – let steep for 1-2hrs & then our over ice-cubes & enjoy!

----- CLIP and KEEP this INFORMATION -----

For information about the Good Food Box, call [Diane Fleming at 306-7800](tel: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. Cost is \$3.00; 1-2 boxes and \$5.00; 3-5 boxes \*\*\*

<b>Vernon</b>	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 <sup>th</sup> Street..... 2 – 6pm Trinity United Church, 3300 Alexis Prk Drive..... 2 – 4pm Only Vernon Student's Association, 700 College Way Vernon Full Gospel Church, 5871 OK Landing Rd
<b>Armstrong</b>	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 – 5pm
<b>Falkland</b>	Debbie	379-2554	Johnny's Java basement suite..... 6 – 8 pm
<b>Westside Rd</b>	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 – 1:30pm
<b>Lumby &amp; Cherryville</b>	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 – 2:30pm
<b>Monte Lake</b>	Jackie	375-2482	Delivered to Door
<b>Enderby</b>	Yvonne Cortney	838-6496	Spallumcheen Indian Band

**Please note:** Boxes not picked up on these dates are sold or given to charity the following day.

Please call [Diane @ 306-7800](tel:306-7800) & leave a message if you can't pick up your box.

\*\*Please remember to [bring your own bags](#) when picking up next months' GFB!\*\*

PAYMENT BY WED	PICK-UP THURS
June 13	June 21
July 11	July 19

