



Good Food Box June 2013



RECIPES FROM THE
GOOD FOOD BOX



Strawberry and Rhubarb Pie

- 2 1/2 cups rhubarb
- 2 cups strawberries
- 3 eggs
- 1 cup sugar
- 3Tbsp sour cream
- 4Tbsp flour



Chop rhubarb and mix with strawberries.
 Beat eggs. Stir in sugar, sour cream and flour.
 Add to the rhubarb and strawberries mixture.
 Place in a pie shell which has been prebaked in oven at 375 F for 5 minutes.
 Cover with top crust.
 Baked in oven at 375 F for 20 minutes, then reduce heat to 350 F and bake for another 10 to 15 minutes.

Tabouli

- 1/2 cup fresh parsley or 1/4 cup dried
- 1/2 cup cucumber
- 1/2 tsp sea salt (optional)
- 1/4 cup fresh lemon juice
- 1 clove minced garlic
- 2 large tomatoes
- 1/2 cup green onions
- 1-2 Tbsp olive oil
- 2 Tbsp minced fresh mint or 1 tsp dried
- 1 cup bulgur



Soak 1 cup of bulgur in 2 cups of water (distilled is preferred) for 30 to 60 minutes. While soaking, chop the onions, tomatoes, and cucumber. Drain bulgur and pat dry. Add vegetables, parsley, garlic, mint, salt, lemon juice and oil. Mix well.

Cover and refrigerate at least one hour before serving. This dish is best when flavors have had a chance to mingle. It can be made the night before. you can vary the taste by using quinoa, couscous or prepared brown rice.

*June Suppliers * Thank You! **

Good n Plenty, Okanagan Grown Produce
 Quality Greens Farm Market
 Swan Lake Nurseryland and Fruit Market

Many thanks to SEAHORSE SOLUTIONS

who created our website:

www.goodfoodbox.net

If you have any recipe ideas that you would like to share, please call Diane at 545-7617.



In the June Box

- 5 lbs. potatoes ** 2 lbs onions ** 2 lbs carrots
- 1 lettuce ** 1 bunch spinach
- ** 1 lb tomatoes ** 1 zucchini ** 1 red pepper
- ** 1 pt strawberries ** 3 lbs apples
- ** 2 lbs banana



As of July 18, 2013

Good Food Box prices will be:

\$16 for a regular box

\$10 for a small box.



Picnics

Family fun, summer and picnics go hand in hand. With everyone wanting a break, the temptation to pick up a quick bite at a fast food restaurant can be tempting. Instead of these "picnics", try a little preplanning to make homemade nutritious food fun and easy.



Keep a picnic basket packed and ready to go with the basics. These can include ; napkins, cutlery, dishes, glasses, hand wipes, blanket and first aid kit. Keep freezer packs frozen and freeze plenty of water bottles too. Keep frozen juice boxes, and freezer friendly sandwiches on hand. Freezer friendly fillings include hard cheeses, sliced meats, poultry and meatloaf. Don't forget the fruit. Watermelon, grapes, oranges all make great picnic fare.

Have Cooler ...Will Travel

Did you know the incidences of food poisoning increase dramatically in the summer?

To reduce your risk, follow these simple food safety tips and use a cooler. Use ice packs to keep cold food cold, pack cold foods right out of the fridge.

Keep cooler in air conditioned interior of vehicle and keep perishables in the cooler until you are ready to eat them.

Veggies on the Go:

Pack a container of lettuce, tomato and cucumber slices to put on sandwiches at the picnic. This prevents soggy bread.

----- 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**

Cost is \$3.00 for 1-2 boxes ~~ \$5.00 for 3-5 boxes

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205-27 Street Trinity United Church, 3300 Alexis Park Drive Vernon Student's Assoc., 700 College Way Big Chief Mobile Home Park, Clubhouse	2—6 p.m. 2—4 p.m. only 2—4 p.m.
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Valley Blvd.	2—5 p.m.
Falkland	Debbie	379-2554	Johnny's Java Basement Suite	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby & Cherryville	Kathy	547-9323	White Valley Community Centre, 2250 Shields Ave	12:00—2:30 p.m.
Monte Lake	Jackie	375-2482	Delivered to Door	

Please Note: Boxes not picked up on these dates are sold or given to charity the following day. Please call Diane at 306-7800 and leave a message if you cant pick up your box.

****Please remember to bring your own bags when picking up next month's GFB!****



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
July 10	July 18
Aug 7	Aug 15

