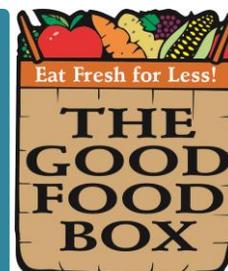


GOOD FOOD BOX



JUNE 2015

GOOD FOOD
BOX RECIPE

FRESH STRAWBERRY CREPES

- 1Tbsp melted butter
- 2cups sliced hulled strawberries
- 1Tbsp sugar
- 1tbsp orange juice
- Crepes
- ¾ cups flour
- 1 ½ tsp sugar
- Pinch salt
- 2 eggs
- ¾ cup milk
- 1Tbsp butter, melted
- 1 ½ tsp orange juice

1. In bowl, whisk together
2. flour, sugar and salt. Whisk together eggs, milk, butter and orange juice, whisk into dry ingredients. Cover and refrigerate for 1 hour.
3. Heat 8 or 9 inch crepe pan over medium heat; brush with butter. For each crepe, pour ¼ cup batter into pan, swirling to coat; cook, turning once, until golden, about 1 minute. Transfer to plate.
4. In bowl, stir strawberries, sugar and orange juice; let stand for 15 minutes.
5. Spoon strawberry mixture onto centre of each crepe: fold sides over into thirds.

In the June Box...

- 5lbs potatoes
- 2lbs onions
- 1 bunch of carrots
- 1 lettuce
- 1lb tomatoes
- 1spring cabbage
- 1 zucchini
- 1 pepper
- 4 lbs apples
- 1 pint strawberries



If you have any
recipe ideas that
you would like to
share, please call

Diane at 250-306-
7800



GOOD FOOD
BOX RECIPE

MUFFIN FRITTATAS

- 8 eggs
- pinch salt
- 3 grated carrots or zucchini
- Handful vegetables such as chopped red pepper, green onions, chives, spinach
- 1 large garlic, finely diced
- 1tsp spices or dried herbs such as oregano, basil, parsley
- Handful grated cheese

1. Preheat the oven to 375F. Grease a muffin tin.
2. Beat the eggs in a large bowl. Add salt and chopped herbs and vegetables. Use a ratio of 50% raw vegetable and 50% egg
3. Pour the mixture into the prepared muffin tray.
4. Bake for 12 minutes, then crumble the cheese on top and turn on broiler. Broil for about 1 minute until the tops are golden brown or stir cheese into the egg mixture and bake for 14 minutes.
5. The frittatas should be set in the middle when wobbled.
6. Remove the frittatas from the tray and cool on a wire rack

June 2015 Suppliers

Thank you!

- Chronos Food
- Good n Plenty
- Okanagan Grown Produce
- Quality Greens Farm Market
- Swan Lake Nurseryland and Farm Market

Support Our Farmers

“We pay the doctor to make us better when we should really be paying the farmer to keep us healthy” O’Brien

Our local farmers are growing a variety of vegetables and fruit which supply us with vitamins, minerals, fibre, and phytonutrients.

Locally grown food is fresher, tastier and more nutritious. In the delay from harvest to the dinner table, trucked in food loses nutrients.

When you buy food that was produced locally, your money stays in the community. Buying local food it creates a demand which helps to ensure that agricultural lands will continue to be farmed. Small scale, mixed farming creates incentives for less pesticide/chemical use. (The average food travels 1500 miles, mostly by air and truck, increasing our dependence on petroleum.)

Support our local farmers and eat plenty of healthy fresh fruits and vegetables!

For information about the Good Food Box, call Diane Fleming at 250-306-7800

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

----- Clip and Keep this information -----

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 th Street..... 2 - 6pm Trinity United Church 3300 Alexis Park Dr..... 2 - 4pm Only Vernon Student’s Assoc, 7000 College Way Big Chief Mobile Home Park, Clubhouse..... 2-4pm Only
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd..... 2 - 5pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd..... 6-8pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall..... 11:30 - 1:00pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave..... 11:00 - 1:00pm
Cherryville	Tina		Cherryville..... 12:00

***** To those with a specific need LIVING WITHIN the CITY of VERNON, you may qualify for delivery service**

Cost is \$3.00 1-2 boxes and \$5.00 3-5 boxes ***

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

Please call 306-7800 on pick-up day or leave a message for Diane if you can't pick up your box.

Please remember to bring your own bags when picking up next month's Good Food Box

