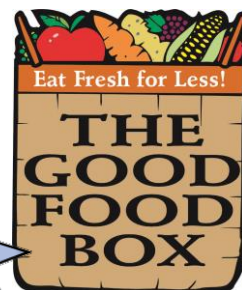


June Good Food Box



RECIPE'S

Strawberry Spinach Salad

In the June Box...

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 Lettuce
- 1 lbs. tomatoes
- 1 Cucumber
- 1 Bunch radishes
- 1 Bunch spinach
- 3 lbs. Gala apples
- 1 pint strawberries

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

March Suppliers

Chronos Foods,
 Good n Plenty,
 Okanagan Grown Produce

Many thanks to
SEAHORSE SOLUTIONS
 who created our website

Serves 6

- 1 bunch spinach or fresh greens
- 2 cloves minced garlic
- ¼ tsp salt
- ½ tsp mustard
- 3 Tbsp balsamic vinegar or lemon juice
- 1 Tbsp water
- 2 Tbsp olive oil
- Pinch pepper
- 1 cup washed sliced strawberries

Optional

- 3 sliced green onions
- 3 sliced mushrooms
- ¼ cup crumbled feta cheese
- ¼ cup sliced almonds

Preparations

1. Wash and thoroughly dry the fresh greens and gently tear it into large pieces.
2. Put garlic in bowl and whisk in salt and mustard, vinegar, water and oil
3. Serve immediately.



What's in your Fridge Frittata

Serves 6

- 6-8 eggs, beaten
- 2-4 cups of add ins from your fridge:
 - * Veggies: onion, pepper, broccoli, potatoes, kale, zucchini etc
 - *Protein: chicken, beef, tofu, or sausage
 - *Grains: leftover rice or pasta
 - *1/2 -1 cup grated cheese
 - *Herbs and spices: garlic, thyme, parsley, oregano, basil, chili powder or paprika
- Use up the leftovers in your fridge-vegetables, cooked rice, pasta, cheese etc.

Summer Food Safety Tips

The risk of food poisoning increases during the summer because harmful bacteria grow quickly in warm, moist conditions.

Ensuring the safety of food can be challenging this time of year because temperatures are warmer and we often cook outdoors during picnics, barbecues, and cooking trips.

Chill

*Don't keep food at room temperatures for more than 1 hour.

*keep perishable foods cold. Use a cooler filled with ice packs to

*Store your food on the go. The temperature inside the cooler should be at 4C or below.

*Keep the cooler out of direct sunlight and avoid opening it too often. Use separate coolers for food and drink.

*Marinate meat in the fridge or in a cooler. If you are using marinate to baste cooked meat or a dipping sauce, make sure it hasn't come into contact with uncooked meat.

*Always remember to keep food out of the temperature danger zone of 40C to 60C (40F to 140F) Harmful bacteria can grow in as little as 2 hours in this temperature.

We are a volunteer organization that appreciates your time, talents and ideas. For information about the Good Food Box call **Diane Fleming** at 250-306-7800.



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

Next Month's GFB dates:

Payment by Wed	Pickup on Thurs
July 12	July 20
Aug 9	Aug 17

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

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 th Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's 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 Road	OKIB Health Center	250-542-5094	Pick up Head of the Lake Hall	11:30 – 1pm
Lumby	Pat & Poppy	250-545-5861	White Valley Community Center 2250 Shields Ave	11– 1pm
Cherryville	Tina	250-351-9042	Cherryville	12 pm