



Do you want to help as a volunteer with our non-profit society?

# March Good Food Box

2022

[www.goodfoodbox.net](http://www.goodfoodbox.net)

[www.facebook.com/GoodFoodBoxNorthOkanagan](http://www.facebook.com/GoodFoodBoxNorthOkanagan)

[goodfoodboxok@gmail.com](mailto:goodfoodboxok@gmail.com)

## ***In Large (\$20) Mar Box:***

5 lbs local potatoes  
2 lbs local onions  
1.5 lbs BC carrots  
1 bunch spinach  
2 lb Roma tomatoes  
1 lb broccoli crowns  
1 BC cucumber  
1 zucchini  
3 lbs local Honeycrisp apples  
3 lbs bananas  
6 oranges

## ***In Small (\$12) Mar Box***

2.5 lbs local potatoes  
1 lbs local onions  
1 lb BC carrots  
1 bunch spinach  
1 lb Roma tomatoes  
.5 lb broccoli crowns  
1 BC cucumber  
1 zucchini  
1.5 lbs local Honeycrisp apples  
1.5 lbs bananas  
4 oranges

### **GOOD FOOD BOX PRICES**

Large: \$20

Small: \$12

Lrg sustaining: \$25 (same items as lrg box & \$5 goes to support the program)

Those with a *specific need* (and living within the city of Vernon) may qualify for delivery service.

Cost: \$3.00 for 1 –2 boxes

\$1.00 per box for 3—5 boxes

## **Potato Zucchini Bake**

(You can half this recipe if desired)

- 2 lbs zucchini
- 2 lbs small potatoes, (similar diameter as zucchini)
- 1 tsp sea salt
- 1/2 tsp black pepper, divided
- 1/2 tsp dried oregano
- 2 cups heavy whipping cream
- 1 1/2 cups shredded parmesan cheese, divided
- 2 garlic cloves, minced
- 2 Tbsp chopped chives or green onion, plus more to garnish

### **Instructions**

1. In a medium bowl, stir together 2 cups cream, 1 cup parmesan cheese, 2 minced garlic cloves and 2 Tbsp chives.
2. Thinly slice 2 large zucchini into 1/4" thick rings. Zucchini should be sliced thicker than potatoes. Very thinly slice potatoes into 1/16" thick rings. Transfer sliced zucchini and potatoes to a large mixing bowl and season with 1 tsp salt, 1/2 tsp black pepper and 1/2 tsp oregano.
3. Layer vegetables in the 9x13 casserole dish, alternating with zucchini and potatoes. You can double up potatoes here and there since there will be more potato slices than zucchini.
4. Pour cream mixture evenly over top and sprinkle with 1/2 cup parmesan cheese. Bake uncovered at 400°F for 40-45 minutes, or until potatoes are soft and easily pierced with a fork.\* Remove from oven and rest at least 10 minutes. Garnish with more chives & cheese if desired and serve. \*Bake time may vary depending on how thick you sliced the potatoes.

## **French Carrot Salad**

### **Ingredients**

- 1 pound carrots, peeled
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice, from one lemon
- 1/2 tablespoons vegetable oil
- 1/2 tablespoons extra virgin olive oil
- 1-2 teaspoons honey, to taste
- Heaping 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley
- 2 finely sliced green onion /scallions (or 1 tablespoon finely chopped shallots)

### **Instructions**

Shred the carrots in a food processor or a grater. Set aside.  
In a salad bowl, combine the dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt and pepper. Add the carrots, fresh parsley and scallions (or shallots) and toss well. Taste and adjust seasoning if necessary. Cover and refrigerate until ready to serve.

Notes: Depending on the sweetness of the carrots, you may want to add more or less honey. Also, if you make this salad ahead of time, be sure to check the seasoning again before serving as the flavors tend to mellow.