



Good Food Box May 2012

RECIPES FROM THE GOOD FOOD BOX

April Suppliers Thank You!

Okanagan Grown
Produce
Quality Greens
Swan Lake Fruit Market



BROCCOLI RANCH SALAD

1 large broccoli bunch
1/3 cup red onion
2Tbsp sliced or chopped almond toasted*

DRESSING:

1/2 cup plain yogurt
1/2 cup light mayonaise
2tsp cider vinegar or lemon juice
1tsp dried dill or 3tsp fresh dill
1/8 tsp dried thyme

1. Separate broccoli heads from stalks. Cut heads into small florets. Peel thick outer surface from stalks & chop stalks into bite size pieces (about 6cups).

2. In medium saucepan of boiling water, boil broccoli for 3mins or until bright green & slightly tender. Drain & rinse with cold water until chilled; drain again. Pat with paper towels to remove excess water. Transfer to a serving dish & add onions. Refrigerate while preparing the dressing.

DRESSING: 3. In a small bowl, whisk together yogurt, mayonaise, vinegar, dill & thyme. 4. Pour dressing over broccoli mixture & toss gently to coat. Sprinkle with almonds. Serve immediately. *Toast almonds in a small dry skillet over medium heat, stirring constantly, for about 3mins or until golden & fragrant.

THE SUPER SUPPER SALAD

This recipe can easily make 6-8 side servings or 3-4 main servings.

8cups mixed spring greens & organic baby spinach

1cup cherry tomatoes

1/2 cup each chilled roasted asparagus (this time of year!), broccoli, peppers, cauliflower, etc.

(you name it, you can add it! – just roast with olive oil or BBQ with a touch of salt & pepper)

1/2 cup chick peas

2Tbsp pumpkin seeds

2Tbsp sunflower seeds

...and then just before serving top each serving with a handful of tasty pea shoots.

DRESSING: Typically in salad dressing you will use a 3:1 ratio for oil to vinegar but use your own personal taste here & remember to explore use this as a starter & then play with it – use pomegranate juice or blueberry puree!

OLIVE OIL:

Balsamic vinegar, Italian spices, juice from 1 lemon, 1tsp lemon zest, cracked pepper & sea salt to taste, shake & store in a dark bottle in your fridge*

*All fats should be stored in a dark & cool place. I suggest storing all liquid oils in the fridge in a dark glass container. When you need to use it either take it out to room temp 30-60mins prior to use or run it under warm water for a few moments to bring it back to it's liquid state.

In the May Box

Potatoes // Onions // Carrots // Spinach
Asparagus // Lettuce // Peppers // Broccoli
Cauliflower Apples // Bananas // Oranges // Pears

Many thanks to
Seahorse Solutions,
who created a website for us.
www.goodfoodbox.net

POWER OF PEAS!

...(or for the purpose of this article the pea shoot!)

Pea shoots – my first memory of pea shoots goes back to grade school where we filled Dixie cup upon Dixie cup of fresh dirt & planted peas & honestly after the first few days you could visually see them growing.

Unlike the more mature pea pod – pea shoots take just 2-4wks to harvest. Allowing you to reseed more frequently. Low in calories but full of micronutrients that allow your body to feel great, pea shoots are high in Vitamin A,C & folic acid. A great anti-oxidant. You can treat these tasty greens as you would many other greens in your kitchen. Pea shoots add a lovely addition to your green salads, adding variety to this staple in our diet. Other ways to enjoy pea shoots is add them to your sandwiches, add them to your baked chicken or fish, or to your stirfry or top your soup with them. Or simply have a handful as a tasty fresh snack if you feel you need to add more color into your day. I have included a big salad recipe that I use as a good base – switching up some ingredients that I may have on hand – such as carrots instead of cauliflower. I like to include this table recipe in my weekly menu at least 5X/wk to ensure I get the color that my body needs.



----- 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; 1-2 boxes and \$5.00; 3-5 boxes *****

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 th 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
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 – 5pm
Falkland	Debbie	379-2554	Johnny's Java basement suite..... 6 – 8 pm
Westside Rd	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 – 1:30pm
Lumby & Cherryville	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 – 2:30pm
Monte Lake	Jackie	375-2482	Delivered to Door
Enderby	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** & 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
May 9	May 17
June 13	June 21

