



# Good Food Box May 2013



RECIPES FROM THE  
GOOD FOOD BOX



## Curried Millet Spinach Soup

- 1 1/2 cup onions, finely chopped
- 7 cups vegetable stock
- 2 medium potatoes, peeled & diced
- 2 cups tomatoes, peeled & diced
- 2 tsp curry powder
- 2/3 cup millet
- 2 cloves garlic, minced
- 1 finely chopped carrot
- 1 tsp grated ginger root
- 1 cup spinach, cut up



Dry roast millet in a heavy soup pot until one shade darker, add vegetables, except spinach, and sauté lightly in a small amount of vegetable broth. Add rest of vegetable broth and curry powder, and bring to a boil. Simmer, covered over a low heat until millet is tender. Add the juice of 1/2 of a lemon. For additional flavor add 2 heaping tsp. of your favourite herb mixture. After cooking, add spinach for a garnish when serving.

Many thanks to SEAHORSE SOLUTIONS

who created our website:

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

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



## Spinach and Lemon Rice

- 2 Tbsp olive oil
- 2 medium onion, finely chopped
- 1 clove minced garlic
- 1 bay leaf
- Salt and pepper to taste
- 1 cup rice
- 3 Tbsp tomato paste
- 2 lbs spinach, washed
- 1 1/2 cup vegetable or beef broth



Heat oil in large saucepan over medium heat. Add onions and sauté until soft and slightly golden. Add garlic, bay leaf, salt and pepper and cook for 1 minute. Add rice and tomato paste, and stir until blended. Add spinach and mix well. Stir in broth. Cover and bring to a boil. Reduce heat and simmer for 25 minutes if using white rice, and 40 minutes if using brown rice, or until rice is cooked. Remove from heat and squeeze lemon juice over rice mixture just before serving. Serves 6

## *May Suppliers \* Thank You! \**

Okanagan Grown Produce  
Quality Greens Farm Market  
Swan Lake Nurseryland and Fruit Market

## **In the May Box**

- 5 lbs. potatoes \*\* 2 lbs carrots
- 2 lbs onions \*\* 1 lb broccoli \*\* radishes
- 1 lettuce \*\* 1 cucumber \*\* 7 oranges
- 1 bundle spinach \*\*
- 5 lbs apples \*\* 2 lbs bananas



As of July 18, 2013

Good Food Box prices will be:

**\$16 for a regular box**

**\$10 for a small box.**



# Amazing Foods That Fight Disease

Are you sure that you are eating what you need to eat to stay well ?

Here is a list of foods rich in vitamins and minerals that benefit us most. They are foods that you should include in your diet to help reduce your risk of diseases such as diabetes, cancer, heart disease, urinary infections and other health problems.



**Beans:** the dry bean kind (that includes baby lima, black, black eye, garbanzo, kidney, lima, navy, pinto and red beans) are a good source of magnesium. Studies have shown that consuming a diet high in magnesium can lower women's risk of developing type 2 diabetes by 30%. The fiber and protein in these beans are disease fighting as well as helping you keep satisfied . Add one half cup of beans to your pasta or salad. (127 calories)

**Carrots - just for your eyes:** Eating lots of orange, red and dark green fruits and veggies gives you a diet full of beta-carotene which has been shown to lower the risk of breast cancer. Eat some raw carrots with a healthy dip (e.g. Plain yogurt and dill) for a tasty snack .

**Oranges:** Oranges are a great source of folate, a vitamin that is essential to a healthy pregnancy. Folate is important for a healthy heart and helps prevent anemia. Oranges also contains potassium, which helps keep blood pressure down, and Vitamin C, which is linked to lower rates of cancer. Two oranges give about one tenth of your daily needs for folate and potassium and over 100% of your daily Vitamin C requirements for only 110 calories.

**Spinach:** is a great source of iron, which many women's diets are deficient in causing anemia and fatigue. Saute 10 ounces of spinach with a little lemon juice, olive oil and garlic. Each half cup serving has 1/5 of the amount of iron you need daily.

**Tomatoes:** are rich in nutrients due to their bright red colour. Lycopene is an antioxidant pigment that may inhibit fibroids, benign tumors of the uterus, for women and reduce the incidence of prostate cancer for men. Have the tomatoes with a little fat such as salad dressing or cheese to maximize the absorption of lycopene.

----- 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
June 12	June 20
July 10	July 18

