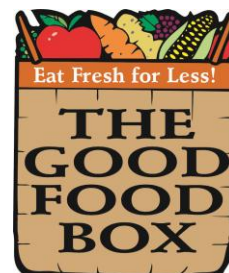


# GOOD FOOD BOX

## MAY 2015



### GOOD FOOD BOX RECIPE

#### BANANA OATMEAL COOKIES

These cookies are easy to make, easy to pack, and a tasty change to banana cake

- 1/2 c soft margarine
- 1c brown sugar, packed
- 1 egg
- 3/4 c mashed very ripe bananas
- 1tsp vanilla extract
- 1c flour
- 1tsp salt
- 1/2 tsp baking soda
- 3c rolled oats
- 1/2 c raisins or dates (optional)

- a) Preheat oven to 375
- b) Cream margarine, sugar and egg in a large bowl. Beat in mashed bananas and vanilla.
- c) In a separate bowl, mix flour, salt, and baking soda. Add to margarine mixture and mix well. Add rolled oats and raisins.
- d) Mix well. Drop by rounded teaspoons about 1 1/2 inch apart on a greased baking sheet. Bake for about 15 minutes or until cookies are lightly browned. Makes 60 cookies.

#### In the May Box...

- 5lb potatoes
- 2lb onions
- 2lbs carrots
- 1 lettuce
- 1 pound roma tomatoes
- 1 bunch radishes
- 1 bunch spinach
- 1 pepper
- 5 lbs apples
- 2 lbs banana

#### May 2015 Suppliers

#### Thank you!

- Chronos
- Okanagan Grown Produce
- Quality Greens
- Swan Lake Fruit Market

### GOOD FOOD BOX RECIPE

#### CREAM OF BROCCOLI SOUP

- 1 large onion
- 1 medium carrot
- 1 small stalk of celery, sliced
- 1 clove of minced garlic
- 3c chicken stock
- 1/4 c uncooked rice
- 3c coarsely chopped broccoli
- 2c milk
- 1tsp salt
- Pinch cayenne

- a) In a large saucepan, combine onion, carrot, celery, garlic, and stock; bring to a boil.
- b) Add rice, cover and simmer for 15 - 20 minutes or until rice is tender.
- c) Transfer to blender or food processor and puree. Return to saucepan; add milk, salt and cayenne.
- d) Serve hot. Alternatively, let cool, cover and refrigerate until serving time.



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

**Diane at  
250-306-  
7800**

# CONTAINER GARDENING

If you lack space for a garden, consider raising vegetables in containers.

You can grow any vegetable in a container with enough preparation and care.



**You will need:**

- A **planting container** with drainage and large enough to support fully grown plants (at least 6" deep)
- **Potting soil**
- Fertilizer or compost**
- Gravel or small rocks**

The ideal vegetables for containers are those that take little space, such as carrots, radishes, lettuce, green onions, and parsley. Tomatoes, peppers, herbs and cucumber are ideal.

**Instructions:**

- a) When planting, first clean out the container, put a 1" layer of small rocks on the bottom to help with water drainage, and then fill it to within 2 inches of the top with slightly dampened soil mix. Sow seeds or set transplants.
- b) Gently water, taking care not to wash out the seeds.
- c) Label each container with the name and variety of plant and planting date.
- d) When the seedlings have two or three leaves, thin them for proper spacing between plants.

Water container plants whenever the soil feels dry. Apply water until it begins to run out of the container's drain holes.

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	Anne	545-8886	All Saints Anglican Church, 3209 27 <sup>th</sup> Street..... <b>2 – 6pm</b> Knox Presbyterian Church, 3701 32 <sup>nd</sup> Avenue..... <b>2 – 4pm Only</b>
Armstrong	Keith	546-9384	Zion United Church, 2315 Pleasant Valley. Blvd..... <b>2 – 5pm</b>
Enderby	Margaret	838-6298	Anglican Church Hall, Knight Ave..... <b>1 – 3:45pm</b>
Falkland	Judy	379-2608	Seniors Center, Hwy 97..... <b>12:30 – 1:30pm</b>
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall..... <b>12:30 – 1:30pm</b>
Lumby & Cherryville	Kathy	547-9323	White Valley Community Center 2250 Shields Ave..... <b>12:00 – 2:30pm</b>

**\*\*\* 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**

