

# May Good Food Box Newsletter

What is your Good Food Box ?

5lbs potatoes, 2lbs onions, 2lbs carrots, 1 lettuce, 1lbs tomatoes, 1lbs yellow pepper, 1lbs broccoli crowns, 3lbs apples, 2 lbs bananas

Broccoli Salad serves 6

		Dressing	
3cups	broccoli chopped		
½ cups	slices of red or regular onion	1/2cup	plain yogurt
½ cup	sunflower seeds	¼ cup	mayonnaise
½ cup	raisins or dried cranberries	2Tbsp	sugar (optional)
½ cup	feta cheese	1Tbsp	lemon juice

Mix dressing in a small bowl. Pour over salad and toss. Season with salt and pepper to taste. Cover and refrigerate for 2 hours or up to 1 day.

Cream of Broccoli Soup

1 large onion, coarsely chopped	3cups	vegetable stock
1 med onion	¼ cup	uncooked rice
1 small stalk of celery sliced	3cups	chopped broccoli
1 clove of garlic, minced	2cups	milk
salt taste	pinch	cayenne

1. In a large saucepan, combine onion, carrots, celery, garlic and stock: bring to a boil. Add rice; cover and simmer for 15 – 20 minutes or until rice is tender.
2. Transfer to blender or food processor and puree. Return to saucepan; add milk, salt and cayenne. 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*

Next month we are offering a small Good Food Box in Vernon, Armstrong, Lumby and Falkland for the cost of \$10.00.

Do you live in Armstrong and would like to be a volunteer coordinator please contact Brenda at 250 546 1331.

Pat and Poppy are looking for an interested person to help coordinate the Lumby distribution. Please call 250 545 5865

Cherryville Good Food Box is searching for a volunteer driver to deliver the prepared Good Food Boxes from lumby

### *Please Note*

*Boxes NOT picked up on the specific dates are sold or given to charity the following day.*

**Please call 250 306 7800 on pick up day or leave a message for Diane if you can not pick up your box**

### **Next Month's GFB Dates**

Payment by Pickup on Thursday

June 13 June 21

July 11 July 19

### **For Pick Up Locations please see below**

Vernon	Diane	250 306 7800	All St Anglican Trinity United College	2-6pm 2-4pm 2-4pm
Armstrong	Brenda	250 546 1331	Zion United Church	2-4pm
Falkland	Ann Marie	250 379 2762	5683 Tuktakamin	6-8pm
Westside	OKIB Health Centre	250 542 5094	Head of the Lake Hall	11:30 -1pm
Lumby	Pat and Poppy	250 545 5865	White Valley Community Centre	11-1pm