

Good Food Box November 2012

RECIPES FROM THE
GOOD FOOD BOX

Debbies' Red Lentil Soup

- 1cup red lentils
- 5cups soup stock
- 1cup diced tomatoes
- 2cloves garlic
- 1Tbsp cumin
- 1Tbsp coriander
- ½ tsp tumeric
- 1-2Tbsp lemon juice
- 1tsp salt
- 1 chopped onion
- 3cups chopped carrots
- 1can green chillies



- 1.Place all ingredients in a large saucepan.
- 2.Bring to boil, simmer until lentils & carrots are soft.
- 3.Place food in a blender or food processor.
- 4.Blend until smooth.
- 5.Add a tablespoon of coconut milk to each bowl. Enjoy!

Apple Honey Spice Muffin

- ¾ cup all purpose flour
- ¾ cup whole wheat flour
- 1tsp baking powder
- 1tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp salt
- ¼ tsp baking soda
- Pinch ground allspice or cloves
- 1 egg
- ¼ cup vegetable oil
- ¼ cup honey
- ½ cup packed shredded apples



Preheat oven to 375 F.

1. Lightly grease a 2cup muffin pan.
 2. In a large bowl, combine flour, whole wheat flour, baking powder, cinnamon, ginger, salt, baking soda & all spice.
 3. In a medium bowl, whisk together egg, oil & honey until well blended. Stir in apples. Stir into flour mixture until just blended.
 4. Divide batter evenly among the lightly greased muffin cups.
- * Bake in preheated oven for 18-20mins or until tops spring back when lightly touched.
* Let cool in pan on a wire rack for 5mins, then transfer to the rack to cool.

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

Many thanks to
SEAHORSE SOLUTIONS,
who created a website for us.
www.goodfoodbox.net



In the November Box

- Potatoes
- Carrots
- Onions
- Cabbage
- Squash
- Tomatoes
- Lettuce
- Yams
- Apples
- Pears
- Oranges



November Suppliers

** Thank You! **

- Bella Vista Farm Market
- Good 'n Plenty
- Okanagan Grown Produce
- Quality Greens Farm Market
- Swan Lake Nurseryland & Fruit Market
- John Dobernigg's Farm

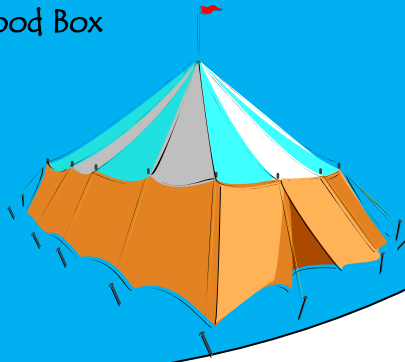
Alternate Gift Fair:

Come to the Alternate Gift Fair on Dec 1st, from 10:00am-4:00pm at the Schubert Centre. The Fair is offering an opportunity for individuals to purchase holiday gifts with a twist. This fair will feature both local & international charities. It will offer a special chance to support their important work & help you complete your shopping list.

The Good Food Box will be one of the participants in this gift fair & would appreciate your support.

If you are unable to attend the Fair, & wish to give a Gift of Healthy Eating of Good Food Boxes, please send a cheque to the Good Food Box at the following address:

1568 Eagle Rock Rd, Armstrong, BC VOE 1B7



----- 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

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
Nov 7	Nov 15
Dec 12	Dec 20

