



NOVEMBER Good Food Box

www.goodfoodbox.net

We are a volunteer organization that appreciates your time, talents and ideas

In the November Box

5 lbs Potatoes
2 lbs Carrots
2 lbs Onions
1 Green Lettuce
2 Butternut Squash
1 Bunch Spinach
1 Cabbage
4 lbs Apples
2 lbs Bananas
2 lbs Mandarin Oranges

Good Food Box

Prices:

\$17.00 Large Box

\$10.00 Small Box

To those with a specific need (& living within the city of Vernon), you may qualify for delivery service.
Cost is: \$3.00 for 1-2 boxes or \$5.00 for 3-5 boxes

HONEY DILL CARROTS

4 carrots, peeled and sliced

1 ½ T honey

½ t dill weed

Barely cover carrots with water in a medium saucepan. Simmer over medium heat for 10 to 12 minutes, just until tender.

Drain. Add honey and dill weed; stir until coated

MORNING GLORY MUFFINS (makes 12)

1 1/2c whole wheat muffins

½ c wheat germ

1 tsp baking powder

1 tsp baking soda

1 ½ tsp ground cinnamon

½ tsp nutmeg

1 c grated carrots (about 2medium)

1 c grated apple

1/3 c unsweetened shredded coconut

1/3 c raisins

2 eggs

½ c packed brown sugar

¾ c nonfat plain yogurt

3 Tbsp vegetable oil

1. Preheat oven to 375F
2. In a large bowl, stir together flour, wheat germ, baking powder, baking soda, cinnamon, and nutmeg. Stir in carrots, apple, coconut and raisins.
3. In a medium bowl, whisk eggs. Stir in brown sugar, yogurt and oil.
4. Stir egg mixture into flour mixture until just combined. (Batter will be thick) Divide batter evenly among oiled muffin cups
5. Bake in preheated oven for 20 to 24 minutes

LAYERED PATCHWORK SOUP MIX

A lovely gift of ready to be made soup mix in a jar.

In a wide mouth pint jar layer: ½ c of barley, ½ c of dried split peas, ½ c of uncooked white rice, and ½ c of dried lentils.

In a small plastic bag combine : 1 Tbsp dried parsley, 1 tsp granulated garlic, 1 tsp ground pepper, 1 tsp salt, ½ tsp garlic powder, 1 tsp Italian seasoning, and 1 tsp sage.

Decorate jar lid and attach seasoning packet with a ribbon to jar.

Attach a recipe card with the following directions:

1. Empty jar contents into a colander and rinse
2. Place contents in a large stockpot and cover with 10 cups of water
3. Stir in 1 medium chopped onion and seasoning packet. Bring to a boil and simmer 1 hour.
4. Stirring occasionally. Checking after 30 minutes and adding water if necessary.

November
Suppliers

*Chronos Foods
*Okanagan Grown
Produce

Many thanks to
***SEAHORSE
SOLUTIONS***

who created our
website:

www.goodfoodbox.net

For more
information about
the Good Food Box
call: **Diane Fleming**
250-306-7800

**COMMUNITY KITCHENS
VERNON AND AREA**

- Cook together once a month
- Learn how to cook on a budget
- Try new recipes
- Have fun
- Meet new people
- Take home healthy food
- \$1 per serving

The Good Food Box volunteers
are saddened with the passing
of Glen Gates.
He will be greatly missed.



Everyone Welcome!

Contact us:

vernoncommunitycooking@gmail.com

or call (250) 275-8814

*Food action society of the North Okanagan,
funded by the United Way*

**NEXT MONTH'S
GFB DATES**

Payment by	Pickup on Thurs
Dec 13	Dec 21
Jan 10	Jan 18



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't pick up your box.***

For Pick-up Locations please see below:

Please remember to bring your own bags when picking up your GFB!

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 th St Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Students Association, 7000 College Way	2-6pm 2-4pm 2-4pm 2-6pm
Armstrong	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	1-4pm
Falkland	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8pm
Westside	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30-1pm
Lumby	Pat and Poppy	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1pm
Cherryville	Tina	250-351-9042	Cherryville	12pm