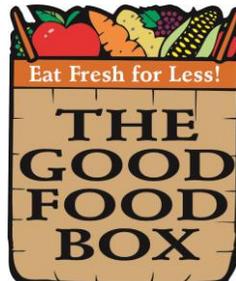


# October 2015 Good Food Box



- In the October Box...**
- 5lbs Potatoes
  - 2lbs onions
  - 2lbs carrots
  - 1 green leaf lettuce
  - 1lbs pepper
  - 1lb tomatoes
  - 1lbs broccoli
  - 1 Squash
  - 5lbs apples
  - 2lbs pears
  - 2lbs bananas

## SPICY SQUASH SOUP

- 2Tbsp vegetable oil
- 2 onions
- 1 clove garlic
- 1 stalk celery
- 1/4c minced gingerroot
- 1/4cup cilantro
- 2tsp ground coriander
- 1tsp cumin
- 1/2 tsp salt
- 1/2tsp pepper
- 1/4tsp grated lemon rind
- 1/4tsp turmeric
- 1/4tsp hot pepper flakes
- 4cups vegetable stock
- 1can coconut milk
- 8cups cubed, peeled butternut squash
- 1 chopped tomato



- In a large heavy saucepan, heat oil over medium heat; sauté onions, garlic, celery, ginger, coriander, cumin, salt, pepper, lemon rind, turmeric and hot pepper flakes, stirring until aromatic and onions are softened 5 to 8 minutes.
- Stir in squash and tomato, pour in stock and bring to boil. Reduce heat to low, cover and simmer until squash is tender, about 20 minutes.
- Puree soup, in batches, until smooth. Return to clean saucepan, reheat until steaming. Stir in coconut milk, heat through.



## ROASTED PUMPKIN & SQUASH SEEDS

- Wash the seeds well and remove strings
- Soak the seeds overnight in salted water (1 1/2 tsp per 2/3 cup water)
- Drain and place the seeds in a single layer on a baking pan in oven at 300 F for approximately 20 minutes or until golden. Then 350 for 10 minutes
- Season to taste. Eat with or without removing shell.

**Good Food Box prices:**

**\$16.00 regular box**

**\$10.00 small box**

## OCTOBER SUPPLIERS

Thank you!

- Chronos**
- Dobernigg's Farm Market**
- Okanagan Grown Produce**
- Burkes Farm Market**



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

**Diane at**

**250-306-7800**

**Many thanks to SEAHORSE SOLUTIONS**

who created our website: [www.goodfoodbox.net](http://www.goodfoodbox.net)

## Fantastic Squash

Fall squashes are members of the gourd family. Squash is a nutrient dense vegetable, with lots of vitamin in the form of beta carotene (the more orange the flesh, generally the more vitamin A in the squash), vitamin C, potassium and dietary fibre. There are several varieties to choose from and the most common include Acorn, Butternut, Spaghetti and Pumpkin. Fall squash ranges in flavour from sweet, to nutty or delicately bland, making them suitable for many sweet and savoury dishes. You can usually substitute any sweet, orange-fleshed pumpkin or squash for another in a recipe. Savory squashes can be sweetened with cinnamon and spices, but they tend to have a more robust flavor that makes them better suited for casseroles, soups and stews.

We are a volunteer organization that appreciates your time, talents and ideas. For information about the Good Food Box call Diane Fleming at 250-306-7800.

**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/5.00 for 3-5 boxes**



Payment by Wed	Pickup on Thurs
Sept 9	Sept 17
Oct 7	Oct 15

**Please remember to bring your own bags when picking up next month's Good Food Box!**

**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**

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 <sup>th</sup> Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's Association, 7000 College Way	2:00 – 6:00pm  2:00 – 4:00pm  2:00 – 4:00pm
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd	2:00 -5:00pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6:00 - 8:00pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall	11:30 – 1:00pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave	11:00 – 1:00pm
Cherryville	Tina		Cherryville	12:00