



# OCTOBER Good Food Box

www.goodfoodbox.net

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

## In the October Box

5lbs potatoes  
2lbs carrots  
2lbs onions  
1 lettuce  
1lb tomatoes  
1lb green pepper  
1lb beans  
1 squash  
1lb bananas  
4lbs apples

## 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

## MOTHER HUBBARD PIE

\*6 servings\*

### TOPPING:

3lbs Hubbard squash pieces to make 5cups puree  
2Tbsp butter or margarine  
1/8 tsp nutmeg  
1/2 tsp salt

-Preheat oven to 400F

-Bake the squash in covered roasting dish for 40-45 minutes or until tender. Scrape flesh from rind into large bowl and mash with butter, nutmeg and salt.



### FILLING:

2tsp	vegetable oil	1 onion
2	stalks of celery	2 carrots, cut 1" sticks
1 1/2 lbs	ground beef or chicken	1Tbsp flour
1tsp	chili powder	1/2 salt
1tsp	thyme	3Tbsp tomato paste
1/2 cup	hot beef or chicken broth	1 c corn
1tsp	Worcestershire sauce	1tsp parsley

1. In large skillet heat oil over medium heat. Add carrots, onion, and celery.
2. Add meat and cook until all red is gone. Add flour and seasonings, stir well. Stir in the tomato paste and Worcestershire sauce into the hot broth. Stir into meat mixture. Let come to a boil. Turn down to simmer. Cook 5 minutes.
3. Add corn and parsley and transfer to a 11 x 7 inch baking pan. Add topping.
4. Reduce oven temperature to 350F.

\*Bake 20 to 30 minutes

\*Option: cooked lentils are yummy as a substitute for meat in this recipe

October  
Suppliers

- \*Burkes Farm
- \*Chronos Foods
- \*Okanagan Grown Produce

Many thanks to

**\*SEAHORSE SOLUTIONS\***

who created our website:

[www.goodfoodbox.net](http://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



*Everyone Welcomed*

Contact us:

[vernoncommunitycooking@gmail.com](mailto: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
Nov 8	Nov 16
Dec 13	Dec 21



**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!*

<b>Vernon</b>	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 <sup>th</sup> 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
<b>Armstrong</b>	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	1-4pm
<b>Falkland</b>	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8pm
<b>Westside</b>	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30-1pm
<b>Lumby</b>	Pat and Poppy	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1pm
<b>Cherryville</b>	Tina	250-351-9042	Cherryville	12pm