

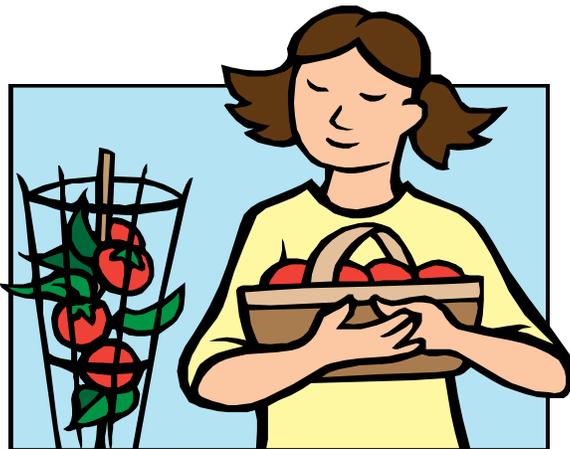
Good Food Box September 2012

Recipes from the Good Food Box

Garden Tomato Pie

- 9 or 10" Pie Crust
- 5 or 6 Tomatoes, in 1/4" slices
- 1cup grated cheese
- 1Tbsp Dijon Mustard
- 3Tbsp Fresh basil or 1Tbsp dried
- 3cloves Garlic, minced
- Salt and Pepper
- 3Tbsp Olive Oil

Pick the pie crust with a fork, & bake for 10mins at 375F. Spread the crust with the mustard, & sprinkle on a layer of grated cheese. Arrange the tomato slices in an overlapping spiral, starting at the outside of the dish, & moving tomato slices in an overlapping spiral, starting at the outside of the dish, & moving towards the center. Sprinkle the tomatoes with the garlic, basil, salt & pepper. Drizzle the olive oil over the entire pie. ** Bake for another 20mins. Do not overcook.



September Suppliers ** Thank You! **

Bella Vista Farm Market
Dobernigg Orchard
Okanagan Grown Produce
Quality Greens Farm Market
Swan Lake Nurseryland & Fruit Market

Plum Crumble

- 2lbs fresh plums, stones removed, thinly sliced
- 1/2cup maple syrup
- 1Tbsp arrowroot powder
- 2Tbsp lemon juice
- 1tsp cinnamon
- 1/4cup butter, melted
- 3/4cup rolled oats
- 1/2cup sugar
- 1/2cup whole wheat flour
- 1/2cup raw walnuts, chopped
- 1/4tsp salt



Preheat oven to 350° F. In a large bowl, combine plums, sugar, arrowroot, lemon juice, & cinnamon, stir to mix. Pour into an 11 by 7 baking dish. In a small bowl, combine rolled oats, flour, walnuts and salt. Add the maple syrup & butter mixture & stir until all ingredients are well coated; the mixture will be crumbly. Sprinkle over the plums. Bake until the top is lightly browned & the plums are tender, 30-40mins. Let cool 10mins before serving.

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 September Box

Potatoes // Carrots
Jumbo Onion // Lettuce
Cabbage // Tomatoes
Red Pepper // Beets
Corn // Apples
Prune Plums // Pears

Making Stock...

Steps for making cheap & easy vegetable stock:

Save an ice cream or yogurt container & put it in the freezer. In the container, store vegetable peelings, onion skins, garlic skins, etc. Once a week, empty the frozen contents of the container into a large pot of boiling water. Bring the stock to a boil & let it simmer for an hour or more. After stock is cooked, strain it & store in an air tight container in the refrigerator.

Steps for making meat stock:

Use leftover bones from meat or poultry.

Either put stock on to boil after a meal or use the same freezer method as described for vegetable stock. Refrigerate after cooking. Once refrigerated, the fat from meat or poultry stock will rise & can easily be removed & discarded.

Browning the bones in the oven prior to boiling them will add flavor & color to your stock. Preheat the oven to 400F.

Put the bones on a cookie sheet or in a frying pan with an oven safe handle.

Put the bones in the oven for 15mins. Take them out & stir them & turn them over. Put them back in the oven for 10-15mins. Then add them to your stock.



----- 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
Enderby	Yvonne /Cortney	838-6496	Spallumcheen Indian Band

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
Sept 12	Sept 20
Oct 10	Oct 18

