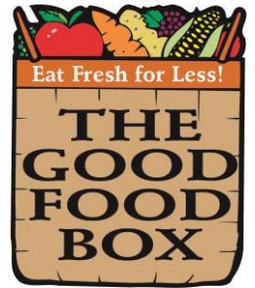


# September 2015 Good Food Box



## Tara's Really Yummy Salsa

- 10lbs tomatoes
- 2cans tomato paste
- 2 large onions
- 1c white vinegar
- 2 red peppers
- 2 green peppers
- 4tsp paprika
- 10 jalapenos
- 4 hot peppers
- 2Tbsp coarse salt
- 8 cloves garlic
- 6Tbsp sugar
- 4Tbsp fresh cilantro



- Chop or put into food processor all vegetables. Add to stock pot.
- Add all ingredients except cilantro.
- Bring to boil over medium heat. Simmer, uncovered for 1 hour. Stir occasionally.
- Add cilantro and cook 15-20 minutes. Put in jars, leaving 1/2 inch head space and add hot lids.

This process is 20 minutes for pints and 25 minutes for quarts.

**Many thanks to SEAHOURE SOLUTIONS**

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

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

**Diane at**

**250-306-7800**



## Easy Apple Waldorf Salad

- 4cups shredded lettuce
- 2 red apples, diced
- 1Tbsp lemon juice
- 1/4c grapes, halved
- 1/2 cups walnuts, chopped
- 2stalks celery, sliced
- 1/2cup plain yogurt, optional

Place lettuce in a bowl. Set aside.

- Pour lemon juice over the diced apples so they won't turn brown.
- Add grapes, walnuts and celery to apples and stir together. Stir in yogurt and serve on the bed of lettuce.

**Good Food Box prices:**

**\$16.00 regular box**

**\$10.00 small box**



## In the September Box...

- 5lbs potatoes
- 2lbs onions
- 2lbs carrots
- 1 Lettuce
- 1bunch radishes
- 1 cabbage
- 1 squash
- 4cobs corn
- 2lbs beets
- 5lbs apples
- 2.5lbs pears



## SEPTEMBER SUPPLIERS

**Thank you!**

**Chronos  
Dobernigg's Orchard  
Good N Plenty  
K + R Orchard  
Okanagan Grown Produce**

## Packing a safe lunch

is just as important as packing a healthy lunch. Young children are at higher risk for foodborne illness (food poisoning) than healthy adults and can become seriously ill when food is not handled safely. Symptoms of foodborne illness include fever, stomach cramps, nausea, vomiting and diarrhea.

Bacteria can grow rapidly at room temperature in certain type of foods such as meat, poultry, fish, eggs, dairy products, cooked foods, and cut fruits and vegetables.

Follow these tips for safe packed lunches:

- \* Scrub all parts of your hands with soap for at least 20 seconds
- \* Use clean surfaces and kitchen equipment to prepare lunches
- \* Always wash fruits and vegetables
- \* Always store cut produce in the frig if prepared in advance
- \* Pack lunches in an insulated bag with an ice pack to keep food cold
- \* Try making lunches the night before and store in the frig overnight so they leave home at a cold temperature
- \* Use an insulated container to keep beverages cold or to keep hot food hot
- \* Wash lunch containers every night to prevent germs from growing
- \* Don't reuse plastic food storage bags- they can hold germs

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