



# September Good Food Box

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

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

## In the September Box

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 lb. red peppers
- 1 acorn squash
- 1 cabbage
- 1 romaine lettuce
- 1 melon
- 5 lbs. shamrock apples
- 3 lbs. pears

### Good Food Box prices:

\$16.00 Regular 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

### September Suppliers

Chronos Foods  
Okanagan Grown Produce  
Good n Plenty

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** at 250-306-7800

**Fleming** at 250-306-7800

## Apple Peanut Butter Cookies

½ c butter or shortening	½ c peanut butter	½ c sugar	½ c brown sugar
1 egg	½ tsp vanilla extract	1 ½ c. flour	½ tsp baking soda
½ tsp salt	½ tsp cinnamon	½ c grated peeled apple	

### How to make:

1. In a large bowl, cream butter, peanut butter and sugars until fluffy. Beat in egg and vanilla. Combine the ingredients; gradually add to creamed mixture and mix well. Stir in apple.
2. Drop by rounded tablespoonful 2 inch apart onto greased baking sheets. Bake at 375 for 10 to 12 minutes or until golden brown. Cool for 5 minutes before removing to wire rack. Yields about 2 ½ dozen.



## Apple and Cheddar Frittata

8 large eggs, 2 large egg whites	1c coarsely grated cheddar cheese	Salt and pepper
1 tbsp. butter	2 apples, peeled, cored, and sliced lengthwise into 1/8 inch pieces	

### How to make:

1. Preheat oven to 450, with rack set in top third. In a medium bowl, whisk together eggs, egg whites, and half cheese; season with salt and pepper. In medium non-stick skillet, heat butter over medium. Add egg mixture; while it cooks, 1 to 2 minutes until edge is set, arrange apples on top in a circular pattern, starting from the outside edge, sprinkle with remaining cheese.
2. Transfer skillet to oven. Bake until frittata is set in the centre and cheese is browned, about 20 minutes. Using a rubber spatula, release frittata onto a cutting board: let rest 5 minutes. Cut into wedges and serve.
- 3.

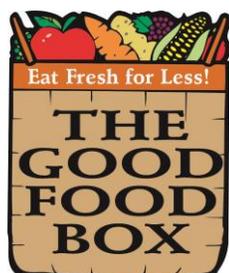
## Why Eat Local?

1. Locally grown food is fresher, tastier and more nutritious. Food grown in your own community was probably picked within the past day or two retaining all the nutrients.
2. Local food production improves the local economy creating employment and local business options such as farmers' markets, farm processors.
3. Local food supports local farm families. Farmers selling direct to consumers cut out the middleman and get full retail price for their food.
4. Local food production conserves farmland. When we buy direct, we create a demand, which helps to ensure that agricultural lands will continue to be farmed.
5. Local food preserves genetic diversity. Local farms grow a large number of varieties to provide a long season of harvest, along with interesting colors and flavors.
6. Locally grown food reduces environmental impact. Small scale, mixed farming tends to steward the land better because environmental consequences are felt locally. Green spaces capture carbon emissions and provide wildlife habitat.
7. Local food could protect us from a disruption in the food supply.

**Pick-up locations:** Please remember to bring your own bags when picking up your GFB!

Vernon	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
Armstrong	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	2-5pm
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		Cherryville	12pm

**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.



### Next Month's GFB dates:

Payment by	Pickup on Thurs
Oct. 12	Oct. 20
Nov. 9	Nov. 17

