

SEPTEMBER GOOD FOOD BOX

www.goodfoodbox.net

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

In the September Box

- 5lbs potatoes
- 2lbs carrots
- 2lbs onions
- squash
- 1lbs tomatoes
- 1.5lbs beets
- lettuce
- 1lbs mixed peppers
- 5lbs apples
- 2.5lbs pears
- 1.5lbs plums

Good Food Box prices

\$17.00 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

Burkes Farm Market
Chronos Foods
Gordon Nikoli's Orchard
Okanagan Grown Produce

Many thanks to SEAHORSE SOLUTIONS who created our website

www.goodfoodbox.net

For more information about the Good Food Box call:

**Diane Fleming
250-306-7800**

Old Fashioned Apple Crisp

Crumble Topping

- 1 ½ cups Large flaked oats
- ¾ cups Whole wheat flour
- 1/3 cup Brown sugar
- 1/3 cup Slice raw almonds
- 1/3 cup Softened butter

Apple Filling

- 8 Apples
- 1 Lemon, juiced and zested
- 1 tsp Vanilla Extract
- 1 ½ tsp Ground cinnamon
- 1 Tbsp Brown sugar, optional
- 2 Tbsp Whole wheat flour, optional

Directions

- Heat oven to 375F
- Peel, quarter and core apples. Cut apples into bit sized pieces
- In a 9x13" casserole dish, combine apples, lemon juice and zest, cinnamon, brown sugar and flour
- In a medium bowl, combine oats, flour, brown sugar, and almonds. Mix well
- Add butter and mix with hands until resembles coarse crumbs. Spread topping over apples. Bake for 40-45 minutes, until golden brown

Classic Tomato Spaghetti

- 1 bunch Fresh basil, chopped
- 1 medium Onion, finely chopped
- 4 cloves Garlic, finely chopped
- 1 Kg Tomatoes, roughly chopped
- 1 Tbsp Olive Oil
- 1 Tbsp Wine or balsamic vinegar
- 500 g Spaghetti
- Salt and Pepper to taste
- Optional Parmesan cheese, Chopped spinach, Green peas/corn

Directions

- In saucepan over medium heat, add oil and onion and cook until soft and lightly golden
- Stir in garlic and basil, cook 1 minute
- Add tomatoes and vinegar
- Season with salt and pepper, cooking 15 minutes, stirring occasionally.
- Stir in basil, reduce to low
- Fill large pot ¾ full with water, bring to boil. Add spaghetti and cook until soft enough. Drain, and then gently toss with sauce. Sprinkle with cheese before serving
- 8 servings

Food Waste

An overwhelming amount of food is wasted each and every day. It is not only harmful to our wallets but it also takes a toll on the environment. When thinking about budget friendly and healthy eating, the concept of minimizing food waste is an important part. Get familiar with your Freeze and Fridge.

- Keeping track of what is in your fridge and freezer will help you to use what you have before you buy more
- Reorganize your fridge on a regular basis to remember forgotten and hidden items
- Practise FIFO (first in, first out). Place fresher foods towards the back and move older foods forwards so they are eaten first.

Planning is the key!

- Meal planning not only makes grocery shopping an easier task, but it helps minimize food waste by buying exactly what you need.
- Keep a shopping list on the fridge is helpful to make note of what you run out of and what you need to buy

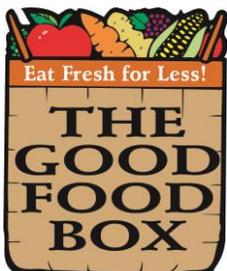
Pick-up locations: Please remember to bring your own bags when picking up your GFB!

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.

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 th 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	1-4pm
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	250-351-9042	Cherryville	12pm

Next Month's GFB dates:



Payment by	Pickup on Thurs
Oct 11	Oct 19
Nov 8	Nov 16

