



Good Food Box February 2012

Recipes from the Good Food Box

Build Your Own Lettuce Wraps

This is a fun way to serve a salad, as everyone can make their own

- *1 head of romaine lettuce
- *4 eggs, cooked & sliced
- *4oz cheese, grated
- *8oz sliced cooked meat
- *4oz sliced tofu
- *4oz nuts (almonds or pecans are good)

Cut up or grate veggies such as carrots, celery, radishes, peppers, mushroom, green onions

How to Make:

1. Wash & dry lettuce leaves. Keep whole & arrange it on a large platter.
2. Pile all other ingredients in the middle.
3. The fun begins when each family member grabs a lettuce leaf & scoops their fave topping into it. Roll & enjoy!

In the February Box

5lbs	Potatoes
2lbs	Carrots
2lbs	Onions
1lb	Broccoli
1	Romaine
1lbs	Tomatoes
1	Cauliflower
1	Zucchini
1	Spinach
4lbs	Apples
2.5lbs	Bananas
12	Oranges



February Suppliers Thank You!

Okanagan Grown Produce
Quality Greens Farm Market
Ringo En
Swan Lake Nurseryland
& Fruit Market

Buckwheat Pancakes

<http://simplyrecipes.com/recipes/buckwheat-pancakes/>

Vegetable oil for coating the pan

3/4 cup buckwheat flour

3/4 cup all-purpose flour

3Tbsp sugar

1/2 tsp salt

1tsp baking soda

3Tbsp unsalted butter, melted

1 egg (optional)

2cups buttermilk

METHOD:

1. Heat a well-seasoned griddle, cast iron skillet, or stick-free pan on medium heat. The pan or griddle should be ready for the batter as soon as it is mixed.
2. Whisk together the dry ingredients—the flours, sugar, salt, baking soda—in a large bowl. Pour in the melted butter over the dry ingredients & start stirring. Beat the egg with a fork & stir it into half of the buttermilk. Add the buttermilk/egg mixture to the dry ingredients, then slowly add in the rest of the buttermilk as needed to get to the right consistency for your batter (you may not need all of the buttermilk, depending on what type of buttermilk you are using & the brand of flour). Stir only until everything is combined. Do not overmix. A few lumps are fine.
3. Put a small amount (1/2tsp) of vegetable oil on the pan or griddle & spread it around with a paper towel to coat. Ladle the batter onto the hot surface to the desired size, about 4-5" wide. (A 1/4 cup measure will ladle about a 4" pancake). Reduce the heat to medium-low. Allow the pancake to cook for 2-3mins on this first side. Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook for another 1-2mins, or until nicely browned.
4. Keep your pancakes warm on a rack in the oven set on "warm", or stack them on a plate & cover with a towel as you make more. Spread more oil on the pan as needed between batches of pancakes.

Prep Time: 5mins

Cook Time: 20mins

Many thanks to **Seahorse Solutions**, who created a website for us. www.goodfoodbox.net

We wish to thank Rancho Vignola for their generous donation of nuts & dried fruit for January's Good Food Box!



BUCKWHEAT

As we continue our theme on “browner” foods this month I would like to focus our attention on **BUCKWHEAT**. Often erroneously thought of as a grain, **Buckwheat**, is actually a fruit seed related to rhubarb. This feature makes it a perfect option for people who are looking for options other than



wheat to use as a cereal. **Buckwheat** is often sold roasted and is referred to as Kasha. Roasted **buckwheat** has a nutty taste that makes it popular for cereals, both boxed and hot cereals. To prepare the whole grain rinse thoroughly with cold water and then add 1:2 ratio of **buckwheat** to boiling water. Bring to a boil and then reduce heat and cover and simmer for approx 30mins. **Buckwheat** like most grains is high in several minerals such as manganese, magnesium, and copper. In addition it has a high insoluble fiber content and is a great quality, low-fat, vegetarian protein source. **Buckwheat** is also used as flour when it is ground. Due to the fact that it does not contain gluten it is often



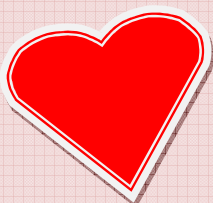
mixed with wheat for baking to reach a desired texture and fluffiness. However **buckwheat** pancakes is one of my all-time gluten free options for a special treat on a Sunday morning! (see recipe below!) They will taste a bit nuttier and the pancake will be more dense but I personally love the taste. Looking for a fluffier option – you can separate the egg white and yolk and whisk the egg white to a stiff peak then fold into batter, a bit more work involved but well worth it! Here is a recipe from Simply Recipes – and it is simple! Make it fun for kids by using cookie cutters to make fun shapes – hearts for **Valentine’s Day** seems appropriate! Then top the pancake with mixed berries, bananas or you can even cook in cut up apples or pears and add some cinnamon – most importantly – enjoy a new healthy starch option into your diet!

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
Feb 8	Feb 16
March 7	March 15

