



Good Food Box November 2011

Recipes from the Good Food Box



7 Quarts Apple Pie Filling

(I have 3x the recipe with success)

- *4 1/2 cups white sugar
- *1cup cornstarch
- *2tsp ground cinnamon
- * 1/4tsp ground nutmeg
- *2tsp salt
- *10cups water
- *3tsp lemon juice
- *2drops yellow food coloring (optional)
- *6lbs sugar

DIRECTIONS:

In a large pan, mix sugar, cornstarch, cinnamon & nutmeg. Add salt & water & mix well. Bring to a boil & cook until thick & bubbly. Sterilize jars. Prepare apples & stack the sliced apples into hot canning jars, leaving 1/2" headspace. Fill jars with hot syrup & remove air bubbles with a plastic knife. Process 20mins in hot bath.

* Phyllis Bonneau Miller



In the November Box

- 5lbs Potatoes
- 2lbs Carrots
- 1lbs Onions
- 1 Lettuce
- 1 Spinach
- 1lb Broccoli Crowns
- 1lb Hot House Tomatoes
- 1 Acorn Squash
- 1lb Yams
- 6lbs Apples
- 2lbs Bananas
- 8 Navel Oranges

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

November Suppliers Thank You!

- Bella Vista Farm Market
- Doberniggs Orchard
- Quality Greens
- Okanagan Grown Produce
- Spearings Farm
- Swan Lake Nurseryland & Fruit Market

Butternut Squash Soup

- *2Tbsp olive oil
- *1med onion, chopped
- *2 celery stalks, cut into 1/2" pieces
- *2 carrots, cut into 1/2" pieces
- *1 apple, cored & cut into 1/2 - 1" pieces
- *1med butternut squash, peeled, seeded & cut into 1/2 - 1" pieces
- *6cups low-sodium chicken stock
- *1tsp each cumin, coriander, oregano
- *pinch of paprika
- *salt & pepper to taste

DIRECTIONS:

Heat oil in large pot & cook onion & celery together until onion is translucent. Add carrot, squash & apple & spices & cook for approx 5mins, stirring to distribute the spices throughout. Add stock & then bring to a boil. Reduce heat & simmer until all vegetables are tender, approx 45mins. Transfer soup to a blender & blend until smooth. Return to pot & season with salt & pepper.

Kathy Willis needs help to coordinate the **Lumby GFB** for a few mths. Anyone interested, please contact **Diane** at 306-7800. We wish Kathy a speedy recovery!

Come to the **Alternate Gift Fair** on **Nov 19** from **10-4pm @ Schubert Centre**. The Alternate Gift Fair is offering an opportunity for individuals to purchase **holiday gifts with a twist & support their favorite charity**. Maybe you would like to give a Gift of Healthy Eating & sponsor some Good Food Boxes.

Butternut Squash



As we head into winter it can be challenging to find local fresh vegetables. **Butternut Squash** is an example of what we refer to as a "winter squash". Often found locally between the months of September to December **Butternut Squash** can be stored for many weeks in cool, humid-free, well-ventilated place at room temperature. **Butternut Squash** is best known for it's high amounts of Vitamin A, a powerful natural anti-oxidant, in addition Vitamin A is an essential vitamin for vision.

Butternut Squash also provides a good source of B-vitamins, including Riboflavin, Niacin, Pantothenic Acid & B6 to name a few, as well as magnesium and potassium. Not only can you eat the fruit of the squash, but you can also eat the flowers & the seeds. The flowers can be stuffed & then baked, fried or eaten raw. The seeds are a good source of dietary fiber & mono-unsaturated fatty acids that are good for heart health. In addition, they are a good source of plant protein, making them a great snack food once roasted. The actual Squash fruit can be prepared in several ways. It can be added raw to salads for a nice crunch, can be roasted with olive oil & spices such as nutmeg & my favorite way to enjoy **Butternut Squash** is in soup. In this newsletter, I have included my favorite soup recipe. Over the years I have added & played with it varying up the spices & even using a pear instead of an apple.

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, 3209 27 th Street..... 2 - 6pm Trinity United Church, 3300 Alexis Prk Drive..... 2 - 4pm Only
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 Center	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 at 250-306-7800 on pick-up day or leave a message if you can't pick up your box.



PAYMENT BY WED	PICK-UP THURS
November 9	November 17
December 7	December 15

Please remember to bring your own bags when picking up next month's Good Food Box.