



# Good Food Box October 2011

## Recipes from the Good Food Box



### BAKED SPAGHETTI SQUASH LASAGNA STYLE

- \*1 Spaghetti Squash, halved lengthwise & seeded
- \*1 Onion, chopped
- \*2Tbsp Minced Garlic
- \*1can (28oz) stewed, diced Tomatoes
- \*1Tbsp Dried Basil
- \*1Tbsp Veggie Oil
- \*1cube Veggie Bouillon
- \*1can Black Olives, chopped
- \*1cup Shredded Moza Cheese
- \*1cup Shredded Parm Cheese
- \*Black Pepper to taste

1. Preheat oven to 325F. Spray a baking sheet with a thin layer of cooking oil. Place squash halves cut-side-down, on the baking sheet.
2. Bake squash 35mins in the preheated oven, or until a knife can be easily inserted. Remove from oven & cool.
3. Add 1Tbsp Veggie Oil. Over med heat, sauté the onion & garlic until golden brown. Stir in Tomatoes, Basil, Bouillon cube & black pepper. Cook for about 15mins, or until you have a med thick sauce.
4. Remove squash strands with a fork, reserving the shells. Layer each 1/2 with a spoonful of the sauce, a layer of spaghetti squash strands, olives & moza cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with parmesan cheese.
5. Bake for 20mins in the preheated oven, or until Parm cheese melts.

### In the October Box

- 5lbs Potatoes
- 2lbs Carrots
- 2lbs Onions
- 1 Squash
- 1 Lettuce
- 1 Spinach
- 1bunch Broccoli
- 1lb Red Peppers
- 1lb Tomatoes
- 3lbs Mac Apples
- 3lbs Gala Apples
- 2lbs Pears

### CURRIED SQUASH, APPLE & ONION SOUP

- \* 2tsp Olive Oil
- \* 1large Onion, finely chopped
- \* 1 Butternut Squash, peeled & chopped into 1" cubes
- \* 2 Apples, peeled, cored & chopped
- \* 2Tbsp Curry Powder
- \* 4cups Chicken or Veggie Broth
- \* Salt & Pepper
- \* Plain Yogurt for a garnish

1. In a large pot, heat oil over medium heat, add onions & stir about 10mins, until golden brown.
2. Add squash & apples, cook for 5mins, stirring well.
3. Add curry & raise heat to high, add broth & bring to a boil. Reduce heat to low & let simmer, covered about 20mins or until squash is fork tender.
4. Let cool slightly & blend until smooth.
5. Place in serving bowls & top with yogurt.



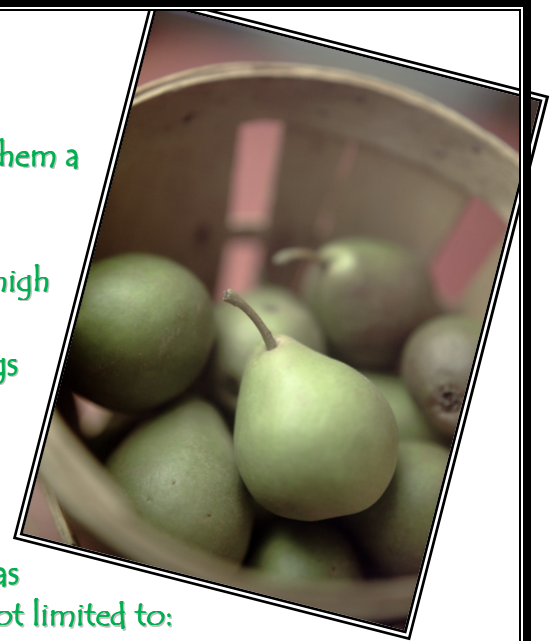
Many thanks to **Seahorse Solutions**, who created a website for us.  
[www.goodfoodbox.net](http://www.goodfoodbox.net)

### *October Suppliers Thank You!*

- Bella Vista Farm Market
- Dobernigg Farm Market
- Okanagan Grown Produce
- Swan Lake Fruit Market

# The Pear!

Pears are high in Vitamin C, and copper making them a great addition to our diet for their anti-oxidant properties. In addition pears are a good source of fiber, especially when the skin of the fruit is also consumed. A diet high in fiber is associated with a healthy colon, lower risk of diabetes and a lower risk of heart disease. Ideally, we get at least 3 servings of fruit a day so whether you eat this versatile fruit raw, or cooked it is a great way to get your daily requirements. The history of the pear seems to be up for debate. Whether the Romans or the Asians first discovered the pear is still unknown, but what is known is the first pear tree in America was planted in 1620! There are several types of pear including but not limited to:



**ANJOU**, one of the most economical types whose peel stays light green even when ripe. Can be found with green skin or red skin. **BARTLETT**, very juicy and often enjoyed raw, skin turns yellow on the green variety as it ripens, it can also be found with a red skin. **BOSE** are often used for cooking as they are firm and crunchy and hold their shape nicely when cooked. What I know is that the pear is a GREAT addition to a healthy diet. Adding them whole to a school lunch, serving them with cheese or a nut butter for a balanced daytime snack or a more elaborate recipe for desert, you can't go wrong with the tasty pear!

## 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 <sup>th</sup> 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 Road	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
Sept 7	Oct 12
Sept 15	Oct 20



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