



Good Food News

Happy New Year!

CHEP Good Food Box Newsletter
Wednesday, January 7th, 2009

The Good Food Box has a new home!!

After many years of packing Good Food Boxes at the Mount Royal Mennonite Church, we will soon be moving into a new home! Our new home will be the **Saskatoon Indian and Métis Friendship Centre (SIMFC)**, located at: **168 Wall Street** (Downtown behind Chianti's restaurant).

History of SIMFC

The Saskatoon Indian and Métis Friendship Centre (SIMFC) is a non-profit organization that was incorporated in 1968. The main vision of the SIMFC is to improve the quality of life of Aboriginal people in Saskatoon. Since its inception, the centre has developed and delivered numerous social, recreational, cultural and educational programs.

For more information on SIMFC, please check out their website at:
www.simfc.com

The January 7th and 21st boxes will be packed at the Mount Royal Mennonite Church, and our first packing day at our new home will be on **February 11th, 2009**. You are welcome to come visit us at our new home in February and see what SIMFC is all about!

MANY THANKS TO:

Mount Royal Mennonite Church, United Way of Saskatoon, Quick Delivery, Robertson Stromberg Pedersen Law Firm, Mount Royal Collegiate, Radius Community Centre, Way to Work, Omega Project, Local Farmers, Packing Day Volunteers, Budget Self-Storage, City Park Collegiate, Volunteer Coordinators, and YOU!

Hello Friends!

We hope that you had an excellent and relaxing holiday season. After packing over 700 boxes on December 17th, we would like to give a loud 'shout out' to all of our wonderful volunteers, especially the students from W.P. Bate and St. Gorretti schools! Without your help we would not have been able to get all of those boxes packed.

Due to a supplier error, we were not able to pack Small and Large Fruits on December 17th. If you ordered and paid for one of these boxes, you now have a credit that you can use in the new year. Please contact your neighbourhood coordinator to arrange to get your box.

Please note that we were unable to get fresh cranberries and corn for the Holiday Boxes. We put extra produce in the box to make up for the lack of cranberries and corn.

The GFB program is moving!! Please see the back page of the newsletter for more info.

Happy eating in the new year!!

Morgan and Cameron

Contact us at : Tel: 655-5387 or 655-5619;
or email us at goodfoodbox@chep.org

WHAT THE GOOD FOOD BOX SELLS:

Regular Fruit and Veggie - \$17.00

approx. 12 types of fruits and veggies

Small Fruit and Veggie - \$12.00

approx. 10 types of fruits and veggies

Mini GFB—\$8.00 - enough for one person

Large Fruit - \$20.00

approx. 7 types of fruits

Small Fruit - \$12.00

approx. 6 types of fruits

Local, Seasonal & Organic Box- \$30.00

approx. 12 types of local, seasonal and/or pesticide-free fruits and veggies

ATTENTION!!

Please be aware that some of our notices and order forms contain the incorrect mailing address for the Good Food Box.

Our mailing address is:
CHEP Good Food Box
Room 211
230 Ave. R South
Saskatoon, SK S7M 0Z9

What came from where?

Please note not all items will be in each box

Milden Colony: Carrots

Denzil, SK: Rolled oats

Osler: Organic potatoes & Squash

B.C.: Organic apples

Think local, Eat Local!

UPCOMING GOOD FOOD BOX DATES

| ORDER DAYS | | DELIVERY DAYS | |
|------------|----|---------------|----|
| January | 12 | January | 21 |
| February | 2 | February | 11 |
| February | 17 | February | 25 |
| March | 2 | March | 11 |
| March | 16 | March | 25 |

Easy Oatmeal Pumpkin Pie

- 6 egg whites
- 1 cup rolled oats
- 1 cup pureed pumpkin (NOT pumpkin pie filling)
- 6 packets Splenda Hazelnut Flavors for Coffee
- Cinnamon to taste



Mix all the ingredients until thoroughly combined, then pour into a pie pan that has been sprayed with nonstick spray and bake at 350 for 20

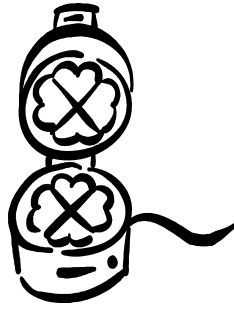
Twice Baked Mushroom Stuffed Potatoes

- 3/4 cup chopped onion
- 3/4 cup quartered small mushrooms
- 1 tablespoon soy sauce
- 3/4 cup soft mashed tofu
- 1/4 teaspoon sage
- 2 large baking potatoes
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preheat oven to 350 degrees. Bake potatoes for one hour. In a skillet, combine onions, mushrooms, and soy sauce. Cover and cook until tender, approximately 5 minutes. When potatoes are cool enough to handle, cut the potatoes in half lengthwise, scoop out pulp, leaving walls 1/4 inch thick. Combine tofu and potato pulp with the salt and pepper in a blender. Blend until smooth. Stir in all but 1/4 of the onion/mushroom mix. Spoon potato pulp mixture back into potato skins and top with remaining onion/mushroom mixture. Bake 25 minutes. Garnish with parsley.

Sweet Potato Waffles

- 1/2 cup butter
- 2 cups sweet potatoes, cooked and mashed
- 6 eggs, beaten
- 2 cups milk
- 1 cup whole wheat flour
- 1 cup rolled oats, finely grind them in a blender
- 1 cup walnuts, optional
- 2 TBSP baking powder
- 2 tsp salt



Melt butter. Set aside and allow to cool. Stir potatoes, eggs and milk into cooled butter. Sift the dry ingredients into the sweet potato mixture. Mix until combined. Bake in a hot waffle iron. **Yields 8 waffles.**

Hot Oatmeal Cereal

For quicker cooking (approximately half of the time), soak oats in the water or milk for 15 minutes before.

Microwave - Using a 2 cup bowl, add 1/3 cup of oat flakes to 3/4 cup of water or milk and a pinch of salt. Cook on 80% power for 2 minutes, then 30% for 5 minutes. For a total of 7 minutes (3 minutes if soaked). Stir every minute. Let sit for a minute. A creamy hot cereal but slightly chewy texture.

Stove Top - In a saucepan add 1/3 cup of oats flakes to 2/3 cup of boiling water or milk and a pinch of salt. Return to boiling, reduce heat to low and simmer for 5-6 minutes. After 4 minutes check to make certain there is enough water. A firmer flaked hot cereal, for softer texture cook longer.

Lemony Pea Soup



Ingredients

- 1 cup Split peas
- 1 cup Celery, sliced
- 4 cups Chicken or Vegetable stock
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1 tsp. Ground Cumin
- 2-3 TBSP Lemon juice
- 2 TBSP Margarine, melted
- 2 TBSP Flour

Cook peas and celery in the stock for 45 minutes or until peas are tender. Use a hand blender or put the mixture in a blender and puree. Return pureed mixture to a sauce pan. Add the seasonings. Add the flour to the melted margarine, use a small amount of soup to thin the mixture, then add it to the soup and simmer for 5 minutes. Serves 4.

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Grub and Grab—A community forum

The topic for discussion is **What are your Rights & Responsibilities as a Renter?** A delicious and free supper of soup, buns, fruit and coffee/tea will be served.



| | |
|------------|--|
| Date: | Wednesday, January 21, 2009 |
| Time: | Doors Open 5:30 p.m. Supper & Discussion 6:00 to 8:00 p.m. |
| Location: | Mayfair United Church Corner of Avenue H and 33rd Street West |
| Cost: | No cost |
| Childcare: | Available on site for 9 and under only |

It is important that you register with Janet Phillips at 655-5093 before January 14.

Rolled Oat and Raisin Cookies

- 1/2 cup white sugar
- 5 TBSP vegetable shortening
- 2 tsp molasses
- 2/3 cup seedless raisins
- 1 cup rolled oats
- 3/4 cup flour
- 1 egg
- Pinch of salt



To prepare this Rolled Oat Cookies Recipe, first add the sprinkle of salt and the molasses to the shortening, and work together in a bowl. Add the sugar gradually, and cream the mixture until white and very light. Add the well beaten egg and mix. Add the raisins, then the oats, and lastly the flour. Mix lightly, and press off from the side of a tablespoon onto an oiled baking pan, leaving a little space between, and bake in a medium low oven, to a delicate brown.