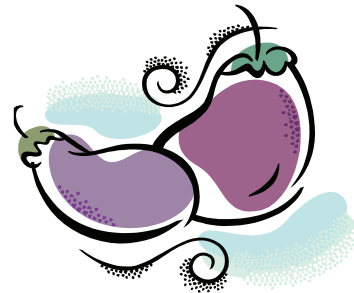


Eggplant



The eggplant or aubergine is a member of the potato family and originated in India where it has been cultivated for more than 4,000 years. Eggplants are rich in vitamins B1, B2, B3 and C. They also have small amounts of iron and calcium. You can't really eat Eggplants raw and must be cleaned and cooked where it becomes tender and develops a rich, complex flavour and firm texture. Most modern varieties of eggplants are bred to be free from bitterness and can be just washed and cooked. If yours is a little bitter just slice and soak in clean cold water for 30 minutes. Then you can stuff, grill, fry, bake or stir-fry this delicious vegetable. Source: The Vegetable Book, Wikipedia.org

Gardener's Ratatouille

2 tablespoon olive oil
 2 onions, finely chopped
 1 green pepper diced
 6 cloves garlic minced
 2 stalks celery chopped
 1 cup mushrooms halved (optional)
 2 cups chopped tomatoes
 1.5 cup cubed eggplant
 1 cup cubed zucchini
 Oregano, parsley, basil to taste
 Salt and pepper
 1 cup shredded mozzarella cheese

Heat oil in large pan. Add onions, peppers, and garlic. Stir in celery, mushrooms, tomatoes, eggplant, zucchini and seasonings. Cook, covered, over medium heat 30 minutes. Serve warm with garlic bread or cold with crusty rolls or rye bread. Top each bowl with pepper and grated mozzarella. Makes 6 servings.

Source: The Farm and City Cookbook (both recipes)

Oven Roasted Vegetables

2 zucchini sliced in 1" rounds
 1 eggplant cut in 1" cubes
 3 carrots cut in small sticks
 3 onions cut in crescents
 3 unpeeled potatoes cut in wedges
 2 green peppers seeded and chunked
 1/4 cup olive oil
 3 cloves garlic finely chopped
 1 teaspoon salt
 1/3 lemon juice
 1/2 cup fresh basil/parsley or 1 tablespoon dried

Place cut up veggies in large roasting pan (put veggies in a single layer so they roast rather than steam). Sprinkle with olive oil, garlic and salt. Stir so that oil coats all vegetables. Bake for 50-60 minutes at 400 or until potatoes and carrots are done. Remove from oven. Pour lemon juice over hot vegetables and sprinkle with herbs. Serve hot or cold.



Chep's Good Food News

Chep's Good Food Box Newsletter
 Wednesday March 22, 2006

Hi Folks,
 This newsletter is packed with great info about how you can support your local farmers and tips on how to cook that beautiful purple vegetable in your box. Eggplants are not only pretty, they're also great tasting and good for you. Make sure to check out upcoming dates. The next order date is on April 3. M & D

Where did our food come from?

Please note that not all items listed will be in each box

Carrots - Manitoba
 Cucumbers - Grandora, SK !!!
 Potatoes - Saskatoon, SK
 Onions - Washington, USA
 Organic Mushrooms - British Columbia
 Organic Potatoes - Osler, SK

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
Large Fruit - \$20.00
approx. 7 types of fruits
Small Fruit - \$12.00
approx. 6 types of fruits
Organic and pesticide-free box - \$30.00
approx. 14 types of certified organic and local pesticide-free fruits and veggies

Thanks to those who support and volunteer with the Good Food Box

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

Good Food Box Hours

Monday to Thursday
 9am - 4pm
 Excludes Prepack and Delivery
 Days where we can be contacted on our cell phone (227-2148)

Upcoming Good Food Box Dates

ORDER DAYS	DELIVERY DAYS
<i>Three weeks until next delivery day</i>	
April 3	April 12
April 17 or 18	April 26
May 1	May 10
May 15	May 22

We are located at 230 Avenue R South (rooms 211&212); Saskatoon, SK; S7M 0Z9;
 Tel: 655-5387 or 655-5619; Email: goodfoodbox@chep.org; Website: www.chep.org

FARM AND CITY LINKS GALORE

As someone who grew up in Saskatoon, most people in Canada would assume that I would know a lot about farming. **WRONG!** After coming back here as an adult and working at the Good Food Box, I have had to educate myself about locally grown food. What I have learned is that the best thing that you can do for your province is buy as much locally grown food as possible. It's good for the economy, environment, and your own health! So, call up these lovely folks the next time you need anything listed. And don't forget to **HAVE FUN** with your locally grown food!

LOCALLY GROWN GROUND BEEF AVAILABLE ON MARCH 29 AND 30!

Are you looking for an alternative to buying meat from the large grocery stores? Would you like to support small scale and local meat producers but don't know how to do it? Would you like to pay a fair price for ground beef while knowing that local producers are also receiving a fair price for their beef?

Lorraine and Ken Qualman from Dundurn, SK have some more of that extra lean, free range, "non hormoned", and ethically raised **ground beef for only \$2.25/pound.**

Boxes come in Small (10lbs at \$22.50), Medium (20 lbs at \$45.00), and Large (30 lbs at \$67.50) packed in **two pound packages.**

Call Marilyn at 655-5619 to reserve your box by **Friday March 24, 2006**

Pick up on **March 29 from 1pm-5pm AND March 30 from 830am-430pm** at the Chep offices (St. Paul's Nurse's Residence, 230 Ave. R South, room 212).
Cash or Cheque (made out to the Good Food Box) accepted

BUY YOUR HONEY LOCALLY!

We live & raise our honeybees 10 miles NE from Saskatoon. Our honeybees are on organic land but we can't claim organic honey because of strict standards. We can claim that our honey is free of antibiotics and chemicals that's being used by the industry to fight disease and pests. Our honey is also unpasteurized & unfiltered so you have maximum nutrients. Honey doesn't need to be refrigerated & will still keep forever.

Our prices are as follows: 500g for \$5.00, 1kg for \$8.00, and 3kg for \$18.00
Our contact information is: Solange & Dennis Bakker; Site 600 Box 64
Saskatoon, SK S7K 3J9: (306) 477-0298; Email: bsting@yourlink.ca

EVERGREEN RANCH

We are located west of Saskatoon and certified with OCIA (Organic Crop Improvement Association). They tour our farm every year and inspect our fields, animals and records of our operation. This is to help ensure healthy meat that is free of chemicals, fertilizers, hormones, antibodies and works for the good of the environment. We have a cow, calf to finish operation and are selling very tender beef. Our packages give a good variety of beef.

7x1lb steaks, 2x3lb roasts, 8x1.5lb pkgs hamburger, 6x1.5lb minute steak, 2x1.5lb stew meat
at a cost of only \$4.00/lb.

This works out to about 37 lbs for only \$148.00.

Small freezer? Split it with your friends and family! Call Marilyn at 655-5619 to order.

METRUNEC'S ORGANIC FARM

We raise about 140 head of cattle on a large certified organic farm that borders the forest reserve about 230 kms north west of Saskatoon. Our cattle graze on pristine wild grasses in the pastures for the summer months and are fed high quality organic feed over the winter months. The cattle are **FREE** of hormones, antibiotics, and steroids. This means **HEALTHY MEAT** that has an unmistakable taste of goodness. Our meat is **LEAN** and **CLEAN**. Give us a call for either **BEEF** or **VEAL**. We take orders all year round for a quarter, a half, or a whole animal, but smaller orders can be requested. You are also welcome to share an order with friends and family. You tell us how you want the meat cut up, so you get a **VARIETY** of cuts for **ONE PRICE**. You can also request specialty items such as hamburger patties (regular or gluten free), kabobs in 11 different flavors, and organ meats (liver, heart, tongue, etc.) Best of all, we deliver the meat to your door **FREE OF CHARGE** (some exceptions apply for longer distances).

Our contact numbers are: Anne or Gerald on the farm:(306)984-4604, Marko in North Battleford:(306)446- 4734, Greg in North Battleford:(306)441- 9522, Daria in Saskatoon: (306)242-6518 OR you can email Marko at: markos_farm_music@hotmail.com