

Smart Families Food
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www.pafoodbox.ca

VOLUME 3 ISSUE 6

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IMPORTANT DATES

Money Due Pick Up Dates

LARGE BOX

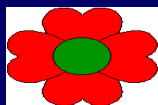
Dec 1/10 Dec 8/10

Jan 5/11 Jan 12/11

SMALL BOX

Nov 17/10 Nov 24/10

Dec 15/10 Dec 22/10



November 11th Remembrance day

Remembrance Day By John McCrae

In Flanders field the poppies blow,
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing fly
Scarce heard amid the guns below

We are dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and we were loved, and now we lie
In Flanders fields.

Take out quarrel with the foe:
To you from failing hands we throw
The torch : be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow in
Flanders fields.

Smart Families Food Co-op

If you are interested we have bread,
margarine, eggs, milk pasta sauce,
extra lean ground beef and some fruit
and vegetables all at a reasonable cost.

We are located at:
River Bank Development Office
1350 15th Ave West
Prince Albert, SK
Inside the Bernice Sayese Center

Email:
[smartfamiliesfood-
coop@yahoo.ca](mailto:smartfamiliesfood-coop@yahoo.ca)

Check out our web page at:
www.pafoodbox.ca



www.fairhill.com



Message from the SFFC President

- * If you would like to try a food box, no membership is required, however if you would like to continue purchasing food boxes, a membership must be purchased.
- * There is a one-time fee of \$10 for the membership.
- * Included with a membership is a stamp card, where every 9 boxes purchased, you receive the 10th **FREE!**
- * Cards will only be stamped at time of purchase.
- * Regardless of how many boxes purchased, the maximum stamps you can receive is 3.
- * If you refer someone to be a member, you will receive a **FREE** stamp on your card.
- * Food boxes are to be picked up on the scheduled day. If you are not able to pick up your box, please contact us. Boxes not picked up by Friday @ 1 pm will be donated. Unfortunately we do not have space for them. Home **Delivery** is provided and costs \$2 per box up to 5 boxes.

PLEASE REMEMBER TO MARK OFF FOOD BOX DATES ON YOUR CALENDER.
CHECK OUT THE DATES ON THE TOP LEFT HAND SIDE OF THIS PAGE!

FRUIT OF THE MONTH

Oranges



**.....the Fruit
has more
nutrients
than juice**

Storage: Oranges will keep for 2 weeks or even longer in the refrigerator. Oranges also store well at room temperature - so leave them in a basket on your counter, to remind everyone that they are there, and they make a great snack!!



Oranges are most valued for their sweet, juicy taste, and their vitamin C content. However, they also have generous levels of folacin (that helps to prevent birth defects in our babies), as well as small amounts of calcium, potassium, magnesium, thiamine and niacin.

One medium orange or 6 ounces of orange juice supplies 80 mg of vitamin C-this is a little more than most of us need in a whole day, so you see what a great food they are! The whole orange also provides fiber - something juice doesn't give us!

Orange juice from concentrate is every bit as good for us as frozen orange juice, and almost as good as freshly squeezed. The juices sold in cardboard milk-type cartons are no better than the frozen or tetra-pack varieties, but they are more expensive.

However, make sure you buy (juice) as apposed to "beverage", "drink", "cocktail", etc. Products labelled "juice" will be sure to provide all the nutrients in oranges except the fiber- whereas the others are mainly sugar and water with only a very small quantity of actual "juice".

Here's a recipe you can see if you like, that includes the fruit of the month.

Ingredients:

Olive oil - 2 tablespoons

Butter - 2 tablespoons

Orange Juice - 1/3 cup

Chopped green onions - 1 tablespoon

Chopped cashews - 1/4 cup

All Purpose flour - 1/4 cup

Hoisin sauce - 1/3 cups

Mandarin Oranges (Drained) -1(11 ounce) can

Boneless skinless chicken breast halves 4,

pounded to 1/4 in thick

Directions: Take a small bowl and add all purpose flour to it. Them, dredge the chicken in the flour to coat it lightly with the flour.. In medium sized skillet combine olive oil and butter and heat the mixture over medium heat. Then sauté the chicken breasts till its colors remains no longer pink and you can clearly see the running juices out of it. Remove the skillet from heat and keep it aside. Remove chicken from skillet , and add hoisin sauce and orange juice to skillet. Then add the green onions, cashews and mandarin oranges to it. Combine them properly and then add the chicken to the skillet. Cook the chicken until all the ingredients get combined properly. Then ready to be serves.

Here's a new fruit for you...

Pomegranate

What is it? The word “pomegranate” is from latin “pomum granatum” which means “apple of many seeds”.

A pomegranate is a fruit the size of a large orange. It has a thick leathery reddish skin that shelters the inside which consists of many seeds that are encased in juicy sac. A typical pomegranate has over 800 edible seeds.

Pomegranates are fat free, cholesterol free and sodium free. Pomegranates seeds are a good source of potassium and vitamin C. Pomegranates are grown in California and throughout Asia and Mediterranean countries.

Buying Pomegranates – they are available in September through December. Look for plump, rounded pomegranates that feel heavy for their size and are free of cuts, slashes, or bruises.

Storing Pomegranates – Pomegranates store beautifully. Keep them on a countertop for up to a week or two, in a cool, dark place for up to a month, or refrigerate for up to 2 months. The seeds can be kept in an air-tight container in the fridge for up to a week, and frozen up to a year.

Uses & Preparation – Pomegranates are a versatile fruit and can be used as a garnish on sweet and savoury dishes or pressed to extract the juice. To use a pomegranate, cut it in half and pry out the pulp-encases seeds, removing any of the light-colored membrane that adheres. The juice can stain your clothes so be sure to wear an apron or clothing that you don't mind getting stained. **1.** Cut the crown end of the pomegranate. **2.** Lightly score the rind in several places. **3.** Immerse fruit in a bowl of water and soak for 5 minutes. **4.** Hold fruit under water and break sections apart, separating seeds from membrane. Seeds will sink while rind and membrane float. **5.** Skim off and discard membranes and rind. **6.** Pour seeds into a colander, drain, and pat dry.

Easy Banana Bread Recipe

2/3 cup of sugar

1/3 cup of soft margarine

2 eggs, unbeaten

2 teaspoons baking powder

1/4 teaspoons baking soda

1/2 teaspoon salt

1/2 cup chopped walnuts

1 cup mashed bananas

Preheat oven to 350 degrees

Directions

Mix the sugar, margarine and eggs for 3 minutes.

Add the flour, baking soda, salt, walnuts (optional) and mashed bananas.

Grease a regular size loaf pan. Pour batter into the loaf pan and bake for 1 hour or until tooth pick inserted into the center comes out clean.

Cool, Slice and Serve.

Tips: Replacing the sugar for splenda turns into a great Diabetic dessert or a treat that those of us watching our calories.

Stir Fry

If you are looking for tasty diabetic recipes and heart healthy recipes our chicken stir fry recipe is great.

Stir Fry With Chicken and Vegetables

- 4 chicken breast halves, boneless & skinless
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 1/2 tablespoons cornstarch
- 1 large red bell pepper, cut into squares
- 1 medium red onion, cut in thin wedges
- 1 large broccoli spear, separated into florets
- 3/4 cup chicken broth
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, crushed
- 1 small can water chestnuts, drained

Cut chicken into cubes. Place the chicken in a bowl and add 1 teaspoon of the oil, 1 tablespoon soy sauce and 1/2 teaspoon cornstarch. Toss to coat chicken. In a small bowl, combine broth, red pepper flakes and remaining soy sauce and cornstarch. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add chicken. Stir-fry for 2 to 3 minutes or until chicken is opaque. Transfer chicken to plate. Add remaining oil, pepper, onion, broccoli, garlic and stir fry until onion starts to wilt. Add water chestnuts and chicken. Add broth mixture and bring to a boil. Cook, stirring constantly until the vegetables are tender-crisp, the chicken is done and the sauce has thickened a bit.

Serve over hot cooked rice.

Serves 4



Tips:

Varying the vegetables you use makes this a versatile recipe that you will never get tired of. Use Chinese Napa cabbage, bok choy, mushrooms or any other vegetable you think might taste good. Give it a try and you may come up with something even tastier.

Low Carb: Obviously if you are doing a low carb diet you won't serve this recipe with rice. It tastes great on it's own. I often steam or stir fry another vegetable just by itself and add a bit of soy sauce to it for flavor. My favorite is a side of steamed bok choy or asparagus with a touch of soy sauce and a drop of sesame oil added for ex-