



# The Good Food Box Newsletter

## November 2013

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## Christmas Gifts from the Kitchen

If you like apple butter, try this version using bananas, cherries, and golden raisins. Use as a condiment for chicken and pork or as a spread on toast, breads, and biscuits.

3 cups (about 10 medium) mashed bananas

1/4 cup lemon juice

1/4 cup finely chopped maraschino cherries

1/4 cup chopped small golden raisins



Place bananas, lemon juice, cherries, raisins, sugar, cinnamon, and nutmeg in a large saucepan. Mix well to combine. Bring to a hard boil and stir constantly for 1 minute. Remove from heat and immediately stir in pectin.

Ladle banana butter into sterilized hot jars and seal in a water bath for 5 minutes or according to manufacturer's manual. Cover jar lids with a pretty bow.

Taken from: <http://homecooking.about.com/od/jellyrecipes/r/bljelly13.htm>

Important Dates to Remember:

December 2—13 ~ Call in Orders

Tuesday December 17th ~ Fort Erie and Port Colborne Deliveries

Wednesday December 18th ~ Niagara Falls and NOTL Deliveries

Thursday December 19th ~ Welland and St. Catharines Deliveries

**Attention: We are looking for sponsors to advertise in our upcoming 2014 calendar.**

**Contact us at :**  
[goodfoodbox@gatewayofniagara.ca](mailto:goodfoodbox@gatewayofniagara.ca)

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