



## The Good Food Box Newsletter

March 2015

905-414-7883

[goodfoodboxniagara.ca](http://goodfoodboxniagara.ca)

[goodfoodbox@gatewayofniagara.ca](mailto:goodfoodbox@gatewayofniagara.ca)



### Penne with Spring Vegetables

1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces

1 (8 ounce) package sugar snap peas, trimmed

1 (8 ounce) package dry penne pasta

3 tablespoons olive oil

1/2 cup grated Parmesan cheese

salt and pepper to taste

Bring a large pot of lightly salted water to a boil. Add asparagus, and cook for 2 minutes. Add peas, and cook for 2 more minutes. Transfer to a large bowl; set aside. Add pasta to boiling water, and cook for 8 to 10 minutes or until al dente; drain.











Place pasta in the bowl with asparagus and peas. Toss with olive oil, Parmesan, salt and pepper.

# April 2015

**"Tell me what you eat and I'll tell you who you are"** - Jean Anthelme Brillat-Savarin

*Did you know:*

Asparagus can take the pain out of a bee sting - just crush it up and apply to the area around the sting

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 	3 Good Friday	4
5 Easter	6 Easter Monday	7 	8 	9 	10 	11
12	13 	14	15 	16 	17	18
19	20	21 	22	23	24	25
26	27	28	29	30		

---



---



---



---



---



---



Head to your nearest host site to place your order and to pay



Good Food Box Delivery - Fort Erie and Port Colborne



Good Food Box Delivery - Niagara Falls, Welland and Niagara-on-the-Lake



Good Food Box Delivery ~ St. Catharines