

Healthy Harvest Box program returns

Box?

To subscribe, and ensure a Harvest Box in May, take \$20 in cash (preferably) or check, to Brenda at the Similkameen News Leader office, Tuesday through Friday, 9:00 AM to 12 Noon and 1:00 PM to 4:00 PM. For more information or to volunteer call Ann at (250) 295-3941.

Committee wants this program to be self-sustaining and not vulnerable because of dependence on outside administration or funding, it's important to pre-pay early and get on the list for May distribution. This time around it's 'our' Healthy Harvest Box program, and we can work together to make it succeed.

How do I get a Healthy Harvest

Boxes we need to fill. Because the Princeton Healthy Harvest Box

Association welcomes foresters

economics, research, teaching, administration, management and policy development.

Housing group asks for policy

tion about other communities which have such policies. Council referred the matter to staff to research what the other communities have done.

At the same time, Mayor Randy McLean stated, "We are not allowing any more strata title developments for the foreseeable future."

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Where Humans Learn Tricks!

THIS WEEK

Mills explores Douglas' legacy
REGULAR FEATURES

Page 2 - Town expands boundaries / Page 8 & 9 - Mills explores Douglas' legacy
Page 4 - Keremeos / Page 11-18 - TV Guide / Page 22 - Editorial / Page 23 - Current Comment

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Similkameen

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For those unfortunately not among the 150 or more subscribers to the previous box program, it is pure sunshine in the form of locally-grown, mostly organic fruits and vegetables that you pick up once a month.

The produce is fresh, and represents a considerable savings over retail prices. Staples are well represented by carrots, onions, lettuce and tomatoes and the like, but the content varies according to season and happy circumstance.

What is this ferny thing with a stalk like a pregnant celery?

You may find little surprises in your harvest box in the form of vegetables you've never seen before and were never forced to eat as a child. Don't worry. The newsletter included with your food will help you identify, cook and possibly even love those veggie strangers. Every month a new adventure.

Why do you want my money now when I don't get my Harvest Box until May?

We've been working very hard with our Pentiction supplier, a small local food sourcing company, to get regional produce at great

prices. This involves the supplier working with South Okanagan-Similkameen farmers to make sure they plant enough, chard, corn, lettuce and rutabagas to meet our needs months down the road. In order to get the best for less, we have to know how many Harvest Boxes we need to fill. Because the Princeton Healthy Harvest Box

Who are you guys, anyway?

We are the Princeton Healthy Harvest Box Committee. Currently our working committee members include Rosemary Woodruff, Ann Hughes, Darrell Doble, Dr. Penny Paterson, Brenda Engel, Frieda Schroeder and Arnold Schroeder. Advising the committee are Princeton Public Health Nurse, Beatrice Bibby and Community Developer for Food Security in the South Okanagan-Similkameen, Christine Schwarz. What is a Healthy Harvest Box for Pete's sake?

CARTEERS
Sudoku
Challenge

PAGE 16 - IN YOUR TV GUIDE SECTION