



MARKET BOX



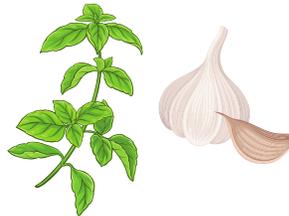
FEATURED RECIPE

Vegan Basil Pesto



INGREDIENTS

- 2 cups packed fresh basil *large stems removed*
- 3 Tbsp pine nuts or walnuts *if nut-free, try sunflower seeds!*
- 3 large cloves garlic *peeled*
- 2 Tbsp lemon juice
- 3-4 Tbsp nutritional yeast
- 1/4 tsp sea salt *plus more to taste*
- 2-3 Tbsp extra virgin olive oil
- 3-6 Tbsp water *plus more as needed*



INSTRUCTIONS

1. Using a food processor or small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt and blend/mix on high until a loose paste forms.
2. Add olive oil a little at a time and scrape down sides as needed. Then add 1 Tbsp water at a time until the desired consistency is reached – a thick but pourable sauce. (If avoiding oil, sub with vegetable broth or just use all water)
3. Taste and adjust flavor as needed, adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite/zing, or lemon juice for acidity.
4. Perfect for adding to sauces, on top of veggies, dressings, breads, noodles, zoodles and more!
5. Store leftover sauce covered in the refrigerator up to 1 week or pour into ice cube molds, freeze. Will store for a few months.

Adopted from Minimalist Baker

FARMER HIGHLIGHT



Last Farm on the Left

La Center, WA

Last Farm On The Left was started in 2021 by Maria and Josh Humphrey in La Center, WA on a small 1.6 acre farm.

Maria and Josh had been passionate home gardeners and always dreamed of operating their own small farm one day and in 2020 were able to purchase their first farm. They grow vegetables in no-dig garden beds and caterpillar tunnels and raise a small flock of hens. They use natural growing practices and let their animals have plenty of space to roam around and live happy lives.

Last Farm on the Left focuses on producing lots of greens and root vegetables, as well as delicious summer crops like tomatoes, peppers, and cucumbers.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<p>Corn Amador Farms Yakima, WA</p> 	Store unhusked in the fridge.	Corn can be eaten raw or boiled or roasted.	<p>-Corn on the Cob -Vietnamese Sweet Corn Pudding (Chè Bắp) -Mexican Street Corn Salad</p>
<p>Bulk Basil Last Farm on the Left La Center, WA</p>	Wrap in dry paper towels and place in a plastic bag.	Basil can be used in pesto or added cooked or fresh to pasta dishes.	<p>-Lemon Basil Chicken -Strawberry Basil Lemonade -Basil Ice Cream</p>
<p>Garlic Last Farm on the Left La Center, WA</p>	Store garlic bulb at room temperature.	Garlic can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups or stews.	<p>-Roasted Garlic -Garlic Confit -Lebanese Garlic Sauce (Toum)</p>
<p>Nectarines Amador Farms Yakima, WA</p> 	Place in a paper bag at room temperature until ripe, then store in the crisper drawer of the fridge.	Nectarines can be eaten raw or used in cakes, crisp, or grilled.	<p>-Steak & Nectarine Salad -Grilled Nectarines -Brown Butter Nectarine Cobbler</p>
<p>Baby Bok Choi Quackenbush Farm Eagle Creek, OR</p> 	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Bok Choi can be steamed, braised, simmered, stir-fried, or sautéed.	<p>-How to Cook -Salmon/Bok Choy Green Coconut Curry -Vegan Pho with Boy Choy and Mushrooms</p>

Large Box Only

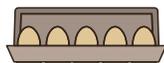
<p>Mesclun Mix Quackenbush Farm Eagle Creek, OR</p> 	Store in the bag in the crisper drawer in the fridge.	Mesclun Mix can be used in salads, smoothies, power bowls, or on top of pizza.	
<p>Green Onions Sprout & Blossom Farm Vancouver, WA</p> 	Store in the crisper drawer of the fridge.	Green Onions can be added to salads, vinaigrettes, stir-fries, or on top of dishes.	<p>-Pork Stir Fry w/Green Onion -Green Onion Cakes -Freeze Green Onions</p>
<p>Purple Beans Volehalla Farm Ridgefield, WA</p> 	Store unwashed and uncooked in the fridge.	Purple Beans can be roasted, sautéed, boiled, or used in casserole.	<p>-Green Beans -Beef and String Beans -Chinese Garlic Green Beans</p>

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions



Eggs: Edible Acres



Flower Bouquet: Holley's Flowers

Local Surprise! You Deserve Butter Apple Butter

Bread: Julia's Bakery Sesame Loaf

