



FEATURED RECIPES

BBQ Beef Sliders in Lettuce Cups w/ Crispy Green Bean Fries

INGREDIENTS

Sliders & Lettuce Cups:

- 1 lb. ground beef
- 2 garlic cloves, *grated*
- ½ tsp salt
- ½ tsp pepper
- 1 head blush butter, *leaves separated*

Plum-Blackberry BBQ Sauce:

- 2 ripe plums, *chopped*
- ¼ cup blackberries
- 1 tbsp ketchup
- 1½ tsp apple cider vinegar
- 1 tbsp honey or maple syrup
- 1 small garlic clove, *minced*
- Pinch of salt
- chili flakes (*optional*)

Green Bean Fries:

- ½ lb green beans, *trimmed*
- ¼ cup flour
- 1 egg, *beaten*
- ½ cup panko or Italian breadcrumbs
- ¼ tsp salt
- ¼ tsp garlic powder
- Oil



INSTRUCTIONS

Make BBQ Glaze:

1. In a small saucepan over medium heat, simmer chopped plums, blackberries, ketchup, vinegar, honey/maple syrup, garlic, salt, and chili flakes for 10–15 min until fruit breaks down and sauce is thickened slightly. Take off heat, let cool and if a smoother sauce is desired, carefully blend sauce.

Make Sliders:

1. In a medium mixing bowl, mix ground beef with grated garlic, salt, and pepper. Form into 8–10 mini patties about 2 inches wide.
2. Heat a large skillet over medium-high heat. Cook patties 3–4 minutes per side, or until browned and cooked through about 160°F.
3. During the last minute of cooking, brush or spoon BBQ glaze over each patty. Let rest.

Make Green Bean Fries:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Set up a breading station with three shallow bowls: Bowl 1: flour, salt, garlic powder. Bowl 2: beaten egg. Bowl 3: panko or Italian breadcrumbs
3. Dredge green beans in seasoned flour. Then dip dredged beans into egg. Afterward, dip green beans in panko. Place on baking sheet and lightly drizzle w/ oil.
4. Bake for 15–18 minutes, flipping halfway through, until golden and crispy.

Serve:

1. Lay out lettuce leaves on a platter. Place a slider in each and serve alongside crispy breaded green beans.
2. Spoon extra BBQ sauce on the side if desired.

Serving Suggestions:

- Top sliders with your favorite cheese: cheddar, pepper jack, or American cheese work great.
- For a more classic slider, serve the patties and lettuce on Hawaiian rolls or soft dinner rolls.
- Craving a bright tang and crunch on top of your sliders? See recipe for quick pickles on the back!



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What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes *w/ clickable links*
Cucumbers Amador Farms Yakima, WA	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Cucumbers can be sliced raw into salads, pickled, blended into soups, or added to drinks.	Cucumber Caprese Salad Chili Cucumber Noodles Blistered Cucumbers Cucumber Gazpacho Cucumber Cake
Dill Vollehalla Farm Ridgefield, WA	Place in a jar filled with an inch of water and loosely cover the leaves with an upside bag. Store in the fridge.	Dill can be added fresh to pickles, dips, potatoes, salads, pastas or stir-frys.	Dill Salmon & Corn Chowder Dairy-Free Dill Pesto Lemon Dill Potato Salad Spanakopita Stuffed Shells Georgian Cheese Bread
Blackberries Boistfort Valley Farm Curtis, WA	Store unwashed in the refrigerator in a breathable container.	Blackberries can be enjoyed fresh, used in salads, smoothies, crisps, muffins, sauces, jams, and syrups.	Blackberry Apple Jelly Avocado Fruit Salad Blackberry Cheesecake Bars Blackberry Glazed Tofu
Green Beans Amador Farm Yakima, WA	Store in a bag in a perforated plastic bag in the fridge.	Beans can be roasted, sautéed, boiled, or used to make green bean casserole.	Som-Tam Chicken Salad Blistered Garlic Green Beans Stewed Green Beans Southern Green Beans
Plums Dilish Farm Vancouver, WA	Store at room temperature until ripe, then refrigerate in a plastic bag.	Plums can be eaten fresh or added to crisps, cobblers, cakes, tortes, and jams.	Jammy Cumin, Feta Plums Stone Fruit Brown Betty Cold Brew Plum Iced Tea Pork Tenderloin w/Plum Chutney
Blush Butter Lettuce Quackenbush Farm Eaglecreek, OR	Keep in the original container or wrap in a dry paper towel and place in a plastic bag in the fridge.	Blush butter lettuce can be used in salads, lettuce wraps, or as a bed for grilled meats and veggies.	Butter Lettuce w/Honey Mustard Dressing Sunshine Salad Dill & Salmon Salad Red Lentil Lettuce Cups
Garlic Flat Tack Farm Vancouver, WA	Store garlic bulb at room temperature in mesh bags.	Garlic can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups or stews.	Creamy, Garlic Shrimp The Best Garlic Bread Heirloom Garlic Chicken Thighs Garlicky Polenta
Ground Beef Windy River Livestock Washougal, WA	Wrap tightly in plastic or foil and store on the bottom shelf of the fridge.	Ground beef can be pan-fried for tacos, added to pasta sauces, or shaped into patties for burgers.	Ground Beef Stir-Fry Ground Beef Hummus Bowls Taco Past Easy Thai Basil Beef Bowls

● Organic Practices - Not Certified

● Certified Organic

● Conventional

Quick Cucumber or Green Bean Pickles:

- 1 cup cucumber, *sliced* or 1 cup green beans, *blanched*
- 1 cup water + 1 cup vinegar (white or apple cider)
- 1 tbsp kosher salt
- 1 tbsp sugar
- 3 garlic cloves, *smashed*
- Fresh dill sprigs



Instructions:

1. Pack veggies of choice, garlic, and dill into a clean jar.
2. In a small pot over medium high heat, heat water, vinegar, salt, and sugar until dissolved and pour over vegetables.
3. Let pickles cool 30 minutes, top with lid, then refrigerate at least 1 hour before serving.

FARMER HIGHLIGHT:

WINDY RIVER LIVESTOCK



Will & Jocelyn Stauffer, along with their daughter, are the farmers/small business owners of Windy River Livestock. Since 2012 they have been raising local no corn or soy fed animals including grass-fed beef, small group raised pork, grass fed lamb, and chicken eggs laid by pasture raised hens in the beautiful Columbia River Gorge.

They are proud multi-generational local farmers in Washougal, WA and hope to continue the legacy for many years to come. They pride themselves on having local nourishing options available year-round for our community.