



MARKET BOX

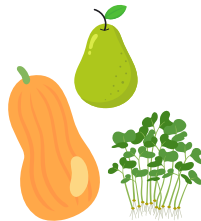


FEATURED RECIPE

Pear and Butternut Squash Sandwich

INGREDIENTS

- 2 - 4 very thin slices of butternut squash *about 1/8 inch thick, with skin peeled*
- 1/2 medium pear *very thinly sliced, about 1/8 inch thick*
- Olive oil
- Sea salt
- 2 slices of whole-wheat sourdough bread
- 3 tbsp cream cheese *or substitute with vegan cream cheese*
- Leek microgreens



INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Place butternut squash slices on a baking sheet, drizzle with a little olive oil and sprinkle with sea salt. Toss until the slices are well coated in oil. Arrange the slices on a single layer. Repeat this process (minus the sea salt) with the pear slices.
3. Bake for 15 minutes, remove the pears, they should be tender (if not, cook for a few minutes longer). Flip the butternut squash slices and bake for another 10 - 15 minutes. The butternut squash should be tender and slightly golden. Let cool.
4. To assemble the sandwich, spread 1 1/2 tbsp of cream cheese on one slice of bread.
5. Add butternut squash slices, pear slices, and leek microgreens.
6. Spread the remaining 1 1/2 tbsp of cream cheese across the second slice of bread and place it on top.
7. Enjoy this tasty plant-based sandwich!

Adapted from [Monday Dreams](#)

FARMER HIGHLIGHT



RYLO Farms

Vancouver, WA

RYLO Farms is dedicated to growing fresh, local produce year-round using an innovative and sustainable growing system — Aquaponics!







Aquaponics is a food production system that couples aquaculture (raising aquatic animals such as fish, crayfish, snails or prawns in tanks) with hydroponics (cultivating plants in water) whereby the nutrient-rich aquaculture water is fed to hydroponically grown plants.

RYLO is on a mission to make local produce accessible and demystify the farming process! They want everyone to know where their food is from and how it was grown to create a healthier, more sustainable future.




Before starting RYLO Farms, Brad Richmond worked in the aquarium industry for over 30 years. He brings his immense knowledge of these systems and a love of fresh, healthy food to his urban aquaponics operation.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Leek Microgreens  RYLO Farms Vancouver, WA	Store in the container in the crisper drawer of the fridge.	Microgreens can be put on top of salads, sandwiches, stir fry, etc.	- Carrot Risotto w/Microgreen Salad - Microgreen Salad w/Vegan Green Goddess Dressing
Butternut Squash  Volehalla Farm Ridgefield, WA	Store at room temperature. Will store for up to 3 months.	Butternut squash can be roasted, whole or cubed, or made into soup or curry. Remove skin before eating.	- Instant Pot Butternut Squash Risotto - Roasted Butternut Tikka Masala
Conehead Cabbage  Quackenbush Farm Eagle Creek, OR	Store in a plastic bag in the crisper drawer of the fridge.	Cabbage can be sautéed, fried, boiled, roasted, braised, blanched or used as a wrap.	- Fried Cabbage w/Sausage - Cabbage Chicken Salad - Gingery Cabbage Rolls w/Pork and Rice
Bulb Fennel  Volehalla Farm Ridgefield, WA	Wrap loosely in a plastic bag and store bulb in the fridge.	Fennel bulb can be roasted, braised, sautéed, or grilled.	- Linguine w/Meat Sauce - How to Cook - Roasted Fennel
D'Anjou Pears  Amador Farms Yakima, WA	Store at room temperature until ripe, then store in the fridge.	Pears can be eaten fresh or added to cobbler, cake, or bread.	- Braised Beef w/Pears and Ginger - Easy Vegan Pear Crisp - Pear Muffins
Radishes  Heidi's Fancy Goods Amboy, WA	Store in the crisper drawer of the fridge.	Radishes can be eaten raw, roasted, sautéed, or pickled.	- Garlic Roasted Radishes - Fauxtato Chips - Pickled Daikon & Red Radishes w/Ginger

Large Box Only

Anaheim Peppers  Volehalla Farm Ridgefield, WA	Store in a plastic bag in the crisper drawer of the fridge.	Peppers can be fried, roasted, or grilled. They can also be stuffed!	- Stuffed Peppers - Balsamic Roasted Peppers - Fried Sweet Pepper
Frisee Endive  Dilish Farm Vancouver, WA	Wrap in a damp paper towel and store in the crisper drawer of the fridge.	Frisee is sometimes called curly endive or chicory. It can be eaten raw in salads. Try with a fruity dressing!	- How to Cook - Sautéed Frisee w/Anchovies and Breadcrumbs - Frisee Salad
Cherry Tomatoes  Dilish Farm Vancouver, WA	Store at room temperature out of direct sunlight.	Tomatoes can be eaten fresh or used to make salsa, sauce, gazpacho, or soup.	- Marinated Cherry Tomatoes - Pasta w/Cherry Tomatoes

 Organic Practices - Not Certified
  Certified Organic
  Conventional



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Add-On Subscriptions



Eggs: Flat Tack Farm
 Flower Bouquet: Holley's Flowers
Local Surprise! Granny Fi's Pumpkin Spice Shortbread Cookies

Bread: Julias Bakery European Pita Bread