



MARKET BOX



FEATURED RECIPE

Beet, Tomato & Barley Salad

INGREDIENTS

- 3 medium beets *stems removed, scrubbed*
- 4 tablespoons extra virgin olive oil *divided*
- 3/4 teaspoon kosher salt *divided*
- 1/2 teaspoon coarsely ground black pepper *divided*
- 1/4 cup pearl barley (substitute farro if desired)
- 3 tablespoons fresh lemon juice
- 3 medium slicing tomatoes *sliced*
- 3 tablespoons chopped fresh herbs (combination of parsley and basil)



INSTRUCTIONS

1. Preheat oven to 425°F. Line baking pan with aluminum foil. Place beets on pan; drizzle with 1 tablespoon olive oil and sprinkle with an 1/2 teaspoon salt and 1/4 teaspoon pepper. Wrap foil around beets to form a packet. Transfer to oven and cook 45 to 60 minutes or until tender. Remove from oven and let stand in packet for 10 to 15 minutes or until beets are cool enough to handle but not completely cool. Then, carefully use paper towels to rub the skins off of the beets. Thinly slice beets.
2. Meanwhile, prepare barley (or farro) according to package instructions and let cool.
3. In small bowl, whisk lemon juice and remaining 3 tablespoons oil, 1/4 teaspoon salt and 1/4 teaspoon pepper until well combined.
4. Arrange tomatoes and beets on serving platter. Sprinkle with herbs and barley. Drizzle with vinaigrette and serve immediately.

Adopted from Foxes Love Melons

FARMER HIGHLIGHT



Parsons Farm

Canby, OR

Jacque Parsons believed the future of farming was in the Pacific Northwest so he moved to the growing state of Oregon over 30 years ago. He began his first farms in Sherwood and Canby, then expanding to Dayton and Dundee.

Parsons Farms is now a 3rd generation family farm that has expanded across the Portland metro area with produce stands and at farmers markets.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes *w/ clickable links*
Kiwi Berries ● Parsons Farm Canby, OR	Store in the fridge.	Kiwi berries can be eaten raw or used to make a fruit salad, salsa, or pastry.	-Pan Fried Halibut w/Kiwi Berry Salsa -Kiwi Berry Fruit Salad -Kiwi Berry Pavlova
Mixed Beets ● Quackenbush Farm Eagle Creek, OR	Trim off the greens two inches above the root and store in the crisper drawer of the fridge.	Beet roots can be boiled, steamed, or roasted. Greens can be braised or sautéed.	-How to Cook -Sauteed Beet Greens -Beetroot Brownies -Borscht
Cantaloupe ● Volehalla Farm Ridgefield, WA	Store whole, uncovered in the fridge.	Cantaloupe can be eaten raw or made into a sorbet, bread, jam, pie, or salad.	-Cantaloupe Sorbet -Cantaloupe + Pancetta Cream for Pasta -Spiced Cantaloupe Loaf
Slicing Tomatoes ● Sprout & Blossom Farm Vancouver, WA	Store at room temperature out of direct sunlight. Store stem side down while they finish ripening.	Tomatoes can be eaten fresh or used to make salsa, sauce, gazpacho, or soup.	-Gazpacho -Sweet Tomato Jam -Chinese Beef Tomato Stir-Fry
Tomatillos ● Coyote Ridge Ranch La Center, WA	Store in an unsealed paper bag in the fridge with the husks on.	Remove husks before cooking. Tomatillos will be sticky under the husks! Great for Salsa!	-Chicken Tomatillo -Fried Green Tomatillos -Tomatillo Salsa Verde
Parsley ● Flat Tack Farm Vancouver, WA	Wash and wrap in paper towel. Seal in a plastic bag in the fridge.	Parsley can be used in chimichurri or pesto sauce or chopped and added to almost any dish for flavor.	-Parsley Chimichurri -Parsley Pesto Pasta -Tabbouleh

Large Box Only

Purple Top Turnips ● Flat Tack Farm Vancouver, WA	Store unwashed in the crisper drawer of the fridge.	Turnips can be roasted, sautéed, or grilled.	-Turnip and Meat Curry -Farro Salad w/Greens -Pan-Seared Turnips w/Ginger Miso Glaze
Kale ● Sprout & Blossom Farm Vancouver, WA	Wrap the stems in a damp paper towel and store in a plastic bag in the crisper drawer of the fridge.	Kale can be sautéed, braised. It can also be chopped finely into a salad or soup.	-Russian Kale + Chorizo Soup -Kale Salad w/Apples -Sautéed Kale w/Smoked Paprika
Mixed Carrots ● Volehalla Farm Ridgefield, WA	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	-Roasted Brown Butter Honey Garlic Carrots -Gajar Halwa

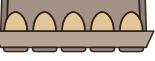
● Organic Practices - Not Certified

● Certified Organic

● Conventional

Add-On Subscriptions



- Eggs:** Reister Ranch 
- Flower Bouquet:** Holley's Flowers
- Local Surprise!** Three Ginger's Granola Lemon Blueberry Poppy Seed Granola
- Bread:** Julia's Bakery Pita Bread