



# MARKET BOX

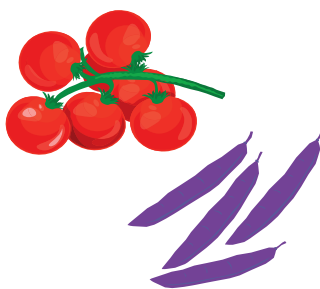


## FEATURED RECIPE

### Rattlesnake/Purple Bean Tomato Olive Salad

#### INGREDIENTS

- 1 pound rattlesnake/purple beans *trimmed*
- 1 cup cherry tomatoes *halved*
- 1/2 cup roughly chopped pitted Kalamata olives
- 1 scallion *thinly sliced*
- 1/2 ounce shaved Parmesan *optional*
- 2 tablespoons parsley *chopped*
- 1 teaspoon Dijon mustard
- 2 tablespoons white wine vinegar
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper



#### INSTRUCTIONS

1. Cook the beans in a large pot of salted boiling water until just tender but still crisp, about 3 minutes. Use a slotted spoon to transfer them to a large bowl of ice water. Once the beans are cool, remove them from the water and pat them dry with a towel.
2. In another large bowl, combine the beans with the tomatoes, olives, scallions, Parmesan (if using), and parsley.
3. For the vinaigrette, whisk together the mustard, vinegar, olive oil, salt, and pepper in a small bowl.
4. Drizzle the vinaigrette into the salad, tossing to coat.

*Adopted from Last Ingredient*

## FARMER HIGHLIGHT



### Volehalla Farm

Ridgefield, WA






Volehalla Farm grows crops with a simple credo: no pesticides or herbicides; lots of compost and cover crops; minimal time from harvest to market; and value for money.

Thanks to our fortuitous location near the Columbia River in southwest Ridgefield, we have been able to live by these rules.




Our specialties are asparagus in spring, melons in summer, and squash in autumn. It is never a dull moment!

# What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes *w/ clickable links*
<b><u>Rattlesnake or Purple Beans</u></b>  Volehalla Farm Ridgefield, WA	Store unwashed and uncooked in the fridge.	Beans can be roasted, sautéed, boiled, or used in casserole.	<a href="#">-Beef and String Beans</a> <a href="#">-Green Beans</a> <a href="#">-Chinese Garlic Green Beans</a>
<b><u>Conehead Cabbage</u></b>  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.	<a href="#">-Southern Fried Cabbage w/Smoked Beef Sausage</a> <a href="#">-Conehead Cabbage Chicken Salad</a>
<b><u>Head Lettuce</u></b>  Flat Tack Farm Vancouver, WA	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	<a href="#">-Seared Steak Lettuce Cups</a> <a href="#">-Lettuce Spring Rolls</a>
<b><u>Peaches</u></b>  Amador Farms Yakima, WA	Place in a paper bag at room temperature until ripe, then store in the crisper drawer of the fridge.	Peaches can be eaten raw or used in cakes, crisps, or grilled.	<a href="#">-Grilled Pork and Peaches</a> <a href="#">-Vegan Peach Cobbler</a> <a href="#">-Grilled Peaches</a> <a href="#">-Peach Crumb Bars</a>
<b><u>Cherry Tomatoes</u></b>  Coyote Ridge Ranch La Center, WA	Store at room temperature out of direct sunlight. Store stem side down while they finish ripening.	Tomatoes can be eaten fresh or added to a stir-fry or pasta.	<a href="#">-Marinated Cherry Tomatoes</a> <a href="#">-Pasta w/Cherry Tomatoes</a>

## \*Large Box Only\*

<b><u>Salad Turnips</u></b>  R Market Garden Vancouver, WA	Store unwashed in the crisper drawer of the fridge.	Salad turnips are most often eaten fresh but they can also be roasted, sautéed, or grilled.	<a href="#">-Shaljam Gosht (Turnip and Meat Curry)</a> <a href="#">-Farro Salad</a> <a href="#">-Pan-Seared Turnips w/Ginger Miso Glaze</a>
<b><u>Ground Cherries</u></b>  Dilish Farm Vancouver, WA	Store unhusked in a cool place.	Ground Cherries can be used to make a salsa or jam. They can also be baked in a pie, cake, or tart.	<a href="#">-Ground Cherry Jam</a> <a href="#">-Ground Cherry Salsa</a> <a href="#">-Ground Cherry Coffee Cake</a>
<b><u>Blackberries</u></b>  Boistfort Valley Farm Curtis, WA	Store unwashed in the crisper drawer of the fridge.	Blackberries can be eaten raw or used in cakes, muffins, bars, cake, or cobbler.	<a href="#">-Blackberry-Glazed Chicken</a> <a href="#">-Vegan Blackberry Cobbler</a> <a href="#">-Berry Souffles</a>

 Organic Practices - Not Certified
  Certified Organic
  Conventional

## \*Add-On Subscriptions\*

**Eggs:** Reister Ranch



**Flower Bouquet:** Holley's Flowers

**Local Surprise!** Riverwave Foods Chimichurri Sauce

**Bread:** Julia's Bakery German Farmers Bread

