

MARKET BOX

Vancouver Farmers Market



RECIPE **Kiwiberry Raspberry Salad**

INGREDIENTS

Salad

- 1 head red leaf lettuce
- ½ pint red raspberries
- ½ pint kiwiberries
- ⅔ cup almonds *whole, chopped, or slivered*



Dressing

- ¼ teaspoon salt
- 1 tsp celery seed or poppy seed
- ⅓ cup honey
- ⅓ cup vinegar
- 1 tablespoon lemon juice
- 1 teaspoon grated fresh onion
- 1 cup of olive oil

INSTRUCTIONS

1. Wash lettuce thoroughly in a salad spinner. Gently rinse kiwiberries and raspberries.
2. Remove the slightly fuzzy ends of the kiwiberries (if still attached.) Cut kiwiberries in half.
3. In a sauté pan with a little bit of oil over medium heat, lightly toast the almonds. Remove from heat as soon as they begin to toast, being careful not to burn them.
4. To make the dressing, mix salt and celery or poppy seed together. Then with with honey, vinegar, lemon juice and grated onion. Slowly add 1 cup olive oil and mix.
5. Toss all ingredients together and serve.

Adopted from Weaver's Orchard

VEGGIE HIGHLIGHT



Kiwi Berries

Kiwi berries are bite-sized fruits that look like a fusion of kiwifruit, grapes and kumquats. The major difference kiwi berries and kiwifruit is that the berries have a leathery, smooth, green skin (no fuzzy exterior). They're rich in vitamins C and E and are an excellent source of fiber, magnesium, and potassium.

They can be eaten fresh or added to cocktails, a fancy cheeseboard, or fruit salads.

Kiwi berries taste best when ripe, or when the berry feels soft to the touch.

FUN FACT: They are native to several countries in the northern hemisphere, including Korea and China

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

Kiwi Berries

Parsons Farm
Canby, OR



Store in the fridge.

Can be eaten raw or used to make a fruit salad, salsa, or pastry

Red Tropea Onions

Quackenbush Farm
Eagle Creek, OR

Store in a dark, cool, well-ventilated place. Once cut, store in the refrigerator.

The Tropea onion is sweeter than the average red onion. Can be pickled, caramelized or added to salads, burgers or stir-fry

Parsnips

Volehalla Farm
Ridgefield, WA

Store unwashed in the fridge

Can be roasted or shaved thin to eat raw



Heirloom Tomato Mix

Flat Tack/Sprout & Blossom Farm
Vancouver, WA

Store at room temperature out of direct sunlight stem side down

Can be eaten fresh or used to make salsa, sauce, gazpacho, or soup



Red Head Lettuce

Amador Farms
Yakima, WA

Wrap in a damp paper towel and place in a plastic bag. Store in the fridge.

Eat fresh in a salad, put on top of pizza or sandwiches

Honeyrock Melon

Volehalla Farm
Ridgefield, WA

Store whole, uncovered in the refrigerator

Can be eaten raw or made into a sorbet, bread, jam, pie, or salad



Large Box Only

Swiss Chard

Volehalla Farm
Ridgefield, WA

Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper section of fridge

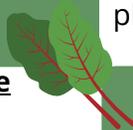
Can be added fresh to salads, cooked into soups or sautéed in pasta or stir fry

Ground Cherries & Cape Gooseberries

Flat Tack/Sprout & Blossom Farm
Vancouver, WA

Store unhusked in a cool place.

Cape gooseberries are larger and more tart & citrusy than ground cherries. Can be used to make a salsa or jam. Can also be baked in a pie, cake, or tart.



Black Futsu Winter Squash

Quackenbush Farm
Eagle Creek, OR

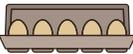
Store at room temperature. Will store for several months.

Can be roasted or baked



● Organic Practices-Not Certified ● Certified Organic ● Conventional

Add-On Subscriptions

Eggs: Reister Ranch  **Flower Bouquet:** Mays Produce & Flowers 
Local Surprise: Blooming Artichoke Herbarry Lemon Hibiscus Tea 