

MARKET BOX

Vancouver Farmers Market



RECIPE **Lemon Cucumber & Shaved Beet Salad**

INGREDIENTS

- 3 tbs vinegar *rice wine*
- 2 tbs olive oil
- Juice from 1 lime
- 1 tsp chopped jalapeno pepper
- 1 lb beets *thinly sliced*
- 1 lb lemon cucumbers *thinly sliced*
- 1 cup red onion *thinly sliced*
- 1 red bell pepper *cut into thin strips*
- Desired amount of salad greens



FARMER HIGHLIGHT



Round Table Farm

Winlock, WA

At the Round Table Farm, our focus is on growing the freshest, most delicious, and unique salad greens and vegetables. But it hasn't always been this way. In the early days of the farm there was a large variety of vegetable produce of all kinds, which was fun and exciting to grow, but our customers kept raving about our salad greens. At farmers markets parents would remark that our salad greens were the only vegetables their kids would eat! Knowing we were on to something, the focus of the farm turned to unique varieties and mixes of greens, and complementary vegetables for salads like cherry tomatoes, cucumbers, radishes, and sprouts. Market customers started referring to us as the "salad guys," so the name stuck. We are the Round Table Farm, better known as "The Salad Guys!"

INSTRUCTIONS

- In small bowl, make the dressing by combining vinegar, oil, pepper, lime. Season with salt and pepper.
- In medium bowl, combine cucumbers, beets, onion and red pepper. Pour over dressing and toss to coat. Let stand 10 minutes.
- Arrange salad leaves on individual serving plates. Spoon a generous amount of salad over leaves. Serve right away.

Adopted from vegetariantimes

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

● Lemon Cucumbers

Volehalla Farm
Ridgefield, WA

Store in the fridge. To extend freshness, wrap in a dry paper towel and slip into a loosely closed plastic bag

Can be eaten raw or pickled.
Substitute in any slicing cucumber dish

● Zesty Salad Mix

Round Table Farm
Winlock, WA

Store in the bag in the crisper drawer in the fridge

Eat fresh in salads or on sandwiches

● Beets

Root Cellar Farm
Onalaska, WA



Trim off the greens about two inches above the root and store in the crisper drawer in the fridge

Roots can be boiled, steamed, or roasted
Greens can be braised or sautéed

○ Green Beans

Boistfort Valley Farm, Inc.
Curtis, WA

Store unwashed and unblanched in the fridge

Can be roasted, sautéed, boiled, or used in casserole

● Peaches

Amador Farms
Yakima, WA

Place in a paper bag at room temperature until ripe, then store in the crisper drawer in the fridge

Can be eaten raw or used in cakes, crisp, or grilled



Large Box Only

● Blackberries

Boistfort Valley Farm, Inc.
Curtis, WA

Store unwashed in original container and place in the crisper drawer of the fridge

Can be eaten raw or used in cakes, muffins, bars, cake, or cobbler

○ Pinto Gold Potatoes

Root Cellar Farm
Onalaska, WA

Store in a cool dark, humid place

Can be baked whole or roasted, sautéed or grilled



● Scallop Squash

Volehalla Farm
Ridgefield, WA



Store dry and unwashed in a plastic/paper bag with one end of open and keep in the crisper drawer of fridge

Can be roasted, sautéed, or grilled