

MARKET BOX

Vancouver Farmers Market



RECIPE Grilled Corn Salsa

INGREDIENTS

- 2 large ears corn
- 1/2 red onion *diced*
- 2 ripe tomatoes *seeds slightly removed and diced*
- 1 whole serrano or jalapeño pepper *seeded and minced*
- Sea salt and ground black pepper *to taste*
- 1 medium lime *juiced*
- 1/3 cup fresh cilantro *chopped*



INSTRUCTIONS

1. To grill corn (preferably over charcoal for best flavor), leave the husk on and grill it first until charred.
2. Remove the husk and strings and put it back on the grill for a little color – 2-3 minutes – rolling to heat all sides.
3. Once grilled, slice corn off of the cob and add to bowl with remaining ingredients and stir.
4. Taste and adjust seasonings as needed, adding more salt, pepper, or lime juice for added flavor.
5. Serve immediately. Will keep covered in the fridge for several days, but is best when fresh.

Adopted from Minimalist Baker

FARMER HIGHLIGHT



Volehalla Farm

Ridgefield, WA

Volehalla Farm grows crops with a simple credo: No pesticide or herbicide; lots of compost and cover crops; minimal time from harvest to market; 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. Never a dull moment!

What's In My Market Box?



Fruit/Veggies	Storage	Preparation
<p>● <u>Slicing Tomatoes</u> Amador Farms Yakima, WA</p> 	<p>Store at room temperature on counter</p>	<p>Can be eaten fresh or used to make salsa, sauce, gazpacho, or soup</p>
<p>○ <u>Sweet Corn</u> Boistfort Valley Farm Curtis, WA</p>	<p>Store unhusked in the fridge</p> 	<p>Can be eaten raw or boiled or roasted</p>
<p>● <u>Magic Garlic</u> Root Cellar Farm Onalaska, WA</p>	<p>Store garlic bulb at room temperature in mesh bags</p>	<p>Can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups or stews</p>
<p>○ <u>Strawberries or Blackberries</u> Boistfort Valley Farm Curtis, WA</p>	<p>Store unwashed on a plate lined with paper towels in the fridge</p> 	<p>Can be eaten fresh or used in cake, pie, shortcake, and lemonade</p>
<p>● <u>Radishes</u> Amador Farms Yakima, WA</p>	<p>Store in the crisper drawer of the fridge</p> 	<p>Can be eaten raw, roasted, sautéed, or pickled</p>

Large Box Only

<p>● <u>Edamame</u> Volehalla Farm Ridgefield, WA</p> 	<p>Store in the refrigerator in a plastic bag</p>	<p>Can be steamed and boiled and eaten out of the pod or used in soup, stir-fry, salad, and pasta</p>
<p>● <u>BBQ Blend Salad Mix</u> Round Table Farm Winlock, WA</p>	<p>Store in the bag in the crisper drawer in the fridge</p>	<p>Use in salads, smoothies, power bowls, sandwiches, or on top of pizza</p> 
<p>● <u>Honeyrock Cantaloupe</u> Volehalla Farm Ridgefield, WA</p>	<p>Store whole, uncovered in the refrigerator</p>	<p>Can be eaten raw or made into a sorbet, bread, jam, pie, or salad</p>

● Organic Practices-Not Certified ● Certified Organic ● Conventional

Add-On Subscriptions

Eggs: Root Cellar Farm **Flower Bouquet:** Mays Produce & Flowers



Local Surprise: River Wave Foods Argentinean Chimichurri

