



MARKET BOX



FEATURED RECIPE

Roasted Spaghetti Squash Bolognese

INGREDIENTS

- 2 tbs olive oil
- Salt and pepper *to taste*
- Garlic powder *to taste*
- 1 spaghetti squash
- 1 lb ground beef *or sub for 3/4 lb gourmet mushrooms sliced thin*
- 1 yellow onion *diced*
- 3 cloves garlic *minced or thinly sliced*
- 1 tsp Italian seasoning
- 1 24 oz jar of marinara sauce
- 2 green peppers *diced*
- Sunflower shoots *for garnish*
- Parmesan cheese *to taste*

INSTRUCTIONS

Roasting the Spaghetti Squash

1. Preheat oven to 400°F and line a large rimmed baking sheet with parchment paper.
2. Carefully halve spaghetti squash lengthwise using a sharp knife. And use a large spoon to scrape out the seeds.
3. Brush the inside with olive oil and sprinkle with a little salt, pepper, and garlic powder. Place cut-side down on baking sheet. Roast for 35-45 minutes.
4. Once slightly cool, flip squash flesh-side up and use a fork to scrape out the "spaghetti."

Making the Bolognese

1. Heat 2 tsp of olive oil in a skillet on med-high heat. Add onions and peppers and cook about 5-8 minutes. Stir in the minced garlic and cook for an additional 30 seconds.
2. Add the ground beef *or mushrooms if using*. Season with salt, pepper, & crushed red pepper flakes. Cook and mix until cooked through, while breaking the beef into small crumbles, about 5-8 minutes.
3. Stir in the marinara sauce and Italian seasoning. Bring to a soft simmer.
4. Scoop the roasted spaghetti squash onto a plate and top with the hot bolognese. Garnish with parmesan cheese & sunflower shoots!

Adopted from Hamama

FARMER HIGHLIGHT



RYLO Farms

Vancouver, WA

RYLO Farms is dedicated to growing fresh, local produce year-round using an innovative and sustainable growing system—Aquaponics!

RYLO is on a mission to make local produce accessible and demystify the farming process! They want everyone to know where their food is from and how it was grown to create a healthier, more sustainable future.

Before starting RYLO Farms, Brad Richmond, worked in the aquarium industry for over 30 years. He brings his immense knowledge of these systems and a love of fresh, healthy food to his urban aquaponics operation.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Sunflower Shoots RYLO Farms Vancouver, WA	Store in the container in the crisper drawer of the fridge.	Sunflower shoots can be added to sandwiches, soups, salads, scrambled eggs, and wraps.	-Sunflower Sprouts Salad -Pea, Sunflower Sprout, and Coconut Soup
Spaghetti Squash Volehalla Farm Ridgefield, WA	Store in a cool and dry place. Will store for several months.	Spaghetti squash can be roasted or steamed to make "spaghetti".	-How to Cook -Instant Pot Spaghetti Squash -Spaghetti Squash Cheesy Bread
Fuyu Persimmons Rhonda's Urban Farm Portland, OR	Store at room temperature until ripe (soft), then place in a plastic bag in the fridge.	Fuyu's are a non-astringent variety meaning they can be eaten when they are firm or soft. Eat fresh or add to bread, cookies, jam, pudding or cake.	-Vegan Persimmon Custard -Persimmons & Goat Cheese Pasta -Persimmon Bread
Garlic Sprout & Blossom Farm Vancouver, WA	Store garlic bulb at room temperature in mesh bags. Will store for several months.	Garlic can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups or stews.	-Roasted Garlic -Garlic Confit -Lebanese Garlic Sauce (Toum)
Mixed Potatoes Flat Tack Farm Vancouver, WA	Store in an open bowl or paper bag in a dark, cool place, away from onions.	Potatoes can be roasted, sauteed, or grilled. They can also be used to make mashed potatoes, hash browns, latkes, and potato salad.	-Pan-Fried Potatoes w/Lemony Dipping Sauce -Potato Pancakes -Roasted Potatoes
Green Peppers Sprout & Blossom Farm Vancouver, WA	Store in a plastic bag in the crisper drawer of the fridge.	Green peppers can be sauteed, roasted, or grilled. They can also be stuffed or used to make fajitas.	-Philly Cheesesteak Pizza -Stuffed Peppers -Sofrito

Large Box Only

Bartlett Pears Amador Farms Yakima, WA	Store at room temperature until ripe (soft), then store in the fridge.	Pears can be eaten fresh or added to cobbler, cake, or bread.	-Braised Beef w/Pears & Ginger -Easy Vegan Pear Crisp -Bartlett Pear Muffins
Sunchokes Dilish Farm Vancouver, WA	Store in a plastic bag in the crisper drawer of the fridge.	Sunchokes can be served raw, roasted, fried, pureed into soups, or steamed. If eating raw, remove skin.	-How to Cook -Sunchoke Salad -Roasted Sunchokes
Parsnips Volehalla Farm Ridgefield, WA	Store unwashed in fridge.	Parsnips can be roasted, fried, pureed into soups, or steamed. Can also be shaved thin and eaten raw. If eating raw, peel outer skin.	-Roasted Parsnips -Creamy Parsnip Puree -Confit Grilled Parsnips w/ Herbs & Vinegar

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

Eggs: Reister Ranch 
Flower Bouquet: Holley's Flowers
Local Surprise! Sioffon Vegan Blue Corn Sugar Cookies 
Bread: Julia's Bakery Pita Bread