



# MARKET BOX

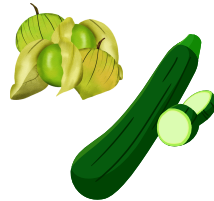


## FEATURED RECIPE

### Zucchini Salsa Verde

#### INGREDIENTS

- 1 onion, *diced*
- 2 cloves garlic, *minced*
- 1 jalapeño pepper, *seeded and chopped*
- 2 medium or 1 large zucchini, *diced*
- 1 pint tomatillos *husks removed and rinsed*
- 1 tbsp olive oil
- 1/4 cup fresh cilantro, *chopped*
- Juice of 1 lime
- Salt and pepper to taste



#### INSTRUCTIONS

1. Preheat your oven's broiler. Place the tomatillos on a baking sheet and drizzle with olive oil. Sprinkle with salt and pepper. Broil for about 5-7 minutes, turning occasionally, until the tomatillos are charred and slightly softened. Remove from the oven and let them cool.
2. While the tomatillos are roasting, heat a skillet over medium heat. Add a drizzle of olive oil, and sauté the diced zucchini until it's lightly browned and tender. This should take about 5-7 minutes. Remove from heat and set aside.
3. In a blender or food processor, combine the roasted tomatillos, sautéed zucchini, diced onion, minced garlic, chopped jalapeño, cilantro, and lime juice. Blend until the mixture reaches your desired consistency. You can make it smooth or leave it slightly chunky.
4. Taste the salsa and season with additional salt, pepper, and lime juice as needed. If you prefer more heat, you can add more chopped jalapeño.
5. Transfer the salsa to a bowl and cover it. Let it chill in the refrigerator for at least 30 minutes to allow the flavors to meld together. Serve with tortilla chips, as a topping for grilled meats, or as a condiment for your favorite dishes.
6. This salsa verde can be stored in an airtight container in the refrigerator for up to a week. If you'd like to preserve it for longer, you can freeze it in small portions.

Adopted from [Taste of Home](#)

## VEGGIE HIGHLIGHT



### Tomatillo

Tomatillos originated from Mesoamerica region. Earliest records of tomatillo eating has been documented as early as 900 BCE in the Tehuacán Valley of Mexico. Today, it is considered a Mexican cuisine staple!

Tomatillos are a distant relative of the tomato and cape gooseberry. The fruit is usually green, but can be yellow or even greenish-purple. When the fruit is ripe, the husk turns browner and paper-like. It will also start opening up. Also, the fruit has a sticky substance covering it (so wash it off before cooking!).

The tomatillo is slightly acidic and citrusy. It can be eaten raw, but is usually cooked to help bring out the sugars, making it more palatable.

Tomatillos are often used to make salsa verde by blending together cooked tomatillos, onions, garlic, spices, and chiles. They can also be mixed in soup, guacamole, or gazpacho.

**FUN FACT:** Tomatillos means "little tomatoes" in Spanish!

# What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<b>Lettuce Mix</b> Harvest Moon Farm Ridgefield, WA	Keep in plastic bag and store in the fridge.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	<a href="#">-Vietnamese Spring Rolls</a> <a href="#">-Tossed Green Salad</a>
<b>Zucchini</b> Dilish Farm Vancouver, WA	Store whole, dry, and unwashed in a plastic bag in the crisper drawer of the fridge.	Zucchini can be roasted, sauteed, baked, or made into zucchini noodles	<a href="#">-Mediterranean Zucchini Noodles</a> <a href="#">-Zucchini Tots</a> <a href="#">-Zucchini Bread</a>
<b>Broccoli</b> Volehalla Farm Ridgefield, WA	Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge.	Broccoli can be microwaved, steamed, boiled, sautéed, stir-fried, or roasted.	<a href="#">-1-Pan Cheesy Chicken, Broccoli, &amp; Rice</a> <a href="#">-Vegan Broccoli Soup</a> <a href="#">-Kadaï Broccoli Masala</a>
<b>Tomatillos</b> Flat Tack Farm Vancouver, WA	Store in an unsealed paper bag in the fridge with the husks on.	Tomatillos can be used to make salsa. Remove the husks before cooking and wash thoroughly to remove the stickiness.	<a href="#">-Chicken Tomatillo</a> <a href="#">-Fried Green Tomatillos</a> <a href="#">-Tomatillo Salsa Verde</a>
<b>Rainier Cherries</b> Amador Farm Yakima, WA	Store unwashed and uncovered in the fridge.	Cherries can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce.	<a href="#">-Rainier Cherry Pie Bars</a> <a href="#">-Rainier Cherry Jam</a> <a href="#">-Rainier Cherry Crostinis</a>

## \*Large Box Only\*

<b>Johnathan Apples</b> Flat Tack Farm Vancouver, WA	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel.	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	<a href="#">-Moroccan Apple Stew</a> <a href="#">-Applesauce</a> <a href="#">-Apple Pie Cinnamon Rolls</a>
<b>Cherry Tomatoes</b> Sprout & Blossom Farm Vancouver, WA	Store at room temperature out of direct sunlight in a shallow dish.	Cherry tomatoes can be eaten fresh in salad and pasta or used to make salsa and sauce.	<a href="#">-Marinated Cherry Tomatoes</a> <a href="#">-Pasta w/Cherry Tomatoes</a>
<b>Shiso Herb</b> Dilish Farm Vancouver, WA	Wrap the unwashed leaves in a wet paper towel and store in the crisper drawer of the fridge.	Shiso can be finely chopped and added raw to a salad or mixed into stir fry, rice or noodle dishes.	<a href="#">-Shiso Pesto</a> <a href="#">-Shiso Juice</a> <a href="#">-Shiso Rice Seasoning</a>

● Organic Practices - Not Certified    
 ● Certified Organic    
 ● Conventional



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## \*Add-On Subscriptions\*



**Eggs:** Reister Ranch    **Flower Bouquet:** Holley's Flowers

**Local Surprise!** Cranberry Kitchen Super Fruit Trio

**Bread:** Juila's Bakery Everything Challah Bread