



MARKET BOX



FEATURED RECIPES

Rhubarb Minted Peas



INGREDIENTS

- ½ cup rhubarb, *cut in 1/2 inch pieces*
- 1 tablespoon maple syrup or honey
- 3 tablespoons water
- 2 cups peas, *shelled*
- ¼ cup mint, *chopped*
- 1 pinch salt

INSTRUCTIONS

1. Thinly slice the rhubarb and toss with the maple syrup or honey and water. Bring up to a simmer over medium-high heat until the water is full absorbed and the rhubarb is tender & sweet.
 2. Toss in the peas and turn off the heat. Fold in the mint and pinch of salt.
 3. Serve hot or chilled. Sprinkle a bit more fresh mint on top.
- Adopted from [Lily's Table](#)*

Cabbage, Broccoli, and Green Leaf Salad

INGREDIENTS

For the salad:

- 2 cups conehead cabbage, *thinly sliced*
- 2 cups broccoli florets
- 2 cups green leaf lettuce, *chopped*
- ¼ cup red onion, *thinly sliced*
- ¼ cup dried cranberries
- ¼ cup sliced almonds, *toasted*
- ¼ cup crumbled feta cheese (*optional*)

For the dressing:

- ¼ cup Greek yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 clove garlic, minced
- Salt and pepper to taste



INSTRUCTIONS

1. In a large salad bowl, combine cabbage, broccoli, lettuce, red onion, dried cranberries, and toasted sliced almonds. If desired, sprinkle crumbled feta cheese over the top.
2. In a small bowl, whisk together the Greek yogurt, mayonnaise, lemon juice, honey, minced garlic, salt, and pepper until well combined.
3. Pour the creamy lemon dressing over the salad and toss gently to coat all the ingredients. Let the salad sit for a few minutes to allow the flavors to meld together. Enjoy!

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	Recipes <small>*w/ clickable links*</small>
Green Leaf Lettuce Last Farm on the Left La Center, WA or Harvest Moon Farm Ridgefield, WA	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	-Lettuce Spring Rolls -Tossed Green Salad -Seared Steak Lettuce Cups
Snap Peas Sprout & Blossom Farm or Flat Tack Farm Vancouver, WA	Store unwashed in a plastic bag in the fridge.	Peas can be sautéed, roasted, stir-fried or eaten raw.	-How to Cook -Stir-Fried Beef and Sugar Snap Peas -South Indian Sugar Snap Peas Stir Fry
Rhubarb Volehalla Farm Ridgefield, WA	Wrap stalks loosely in foil and place in the fridge. Peel off coarse strings before cooking.	Rhubarb can be added to cakes, crisps, and cobblers. It goes great with strawberries!	-Chicken w/Rhubarb Sauce -Strawberry Rhubarb Crisp
Broccoli Fernandez Farm Sunnyside, 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.	-One-Pan Cheesy Chicken, Broccoli, and Rice -Vegan Broccoli Soup -North Indian Kadai Broccoli Masala
Conehead Cabbage Quackenbush Farm Eagle Creek, OR	Store in a plastic bag in the crisper drawer of the fridge.	Cabbage can be sautéed, fried, boiled, roasted, braised, blanched or used as a wrap.	-Fried Cabbage w/Smoked Sausage -Conehead Cabbage Chicken Salad -Gingery Cabbage Rolls w/Pork and Rice

Large Box Only

Swiss Chard Sprout & Blossom Farm Vancouver, WA	Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper drawer of the fridge.	Chard can be added to salads, soups, pasta, or quinces. They can also be sauteed.	-Sautéed Swiss Chard -Creamed Swiss Chard w/Bacon -Shakshuka With Swiss Chard
Hydroponic Cherry Tomatoes Pioneer Produce Ridgefield, WA	Store at room temperature.	Cherry tomatoes can be added to salads, sauteed, or roasted.	-Marinated Cherry Tomatoes -Pasta w/Cherry Tomatoes
Nanites Carrots Dilish Farm Vancouver, WA	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	-Roasted Brown Butter Honey Garlic Carrots -Gajar Halwa

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional



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Add-On Subscriptions

Eggs: Flat Tack Farm
Flower Bouquet: Holley's Flowers
Local Surprise! River Wave Foods My Thai Gourmet Sauce

Bread: Julia's Bakery French Bread

