



FEATURED RECIPE

Thai-Inspired Beef & Delicata Meatball Soup w/ Shaved Fennel Salad

INGREDIENTS

Soup:

- 1 lb ground beef
- 1 delicata squash, *diced, skin on*
- 2 turnips, *diced*
- ½ head bok choy, *chopped*
- ½ cup mizuna greens, *chopped*
- 3 garlic cloves, *minced*
- 1 tsp ginger, *grated (optional)*
- 1 tsp lime zest
- 1 tbsp fish sauce or soy sauce
- 2 cups chicken or vegetable broth
- 1 cup coconut milk
- Juice of ½ lime
- 1 tbsp coconut or olive oil
- Salt, black pepper, and chili flakes, *to taste*



Salad:

- 2 cups kale, *stripped off stems & finely chopped*
- ½ fennel bulb, *shaved thin*
- 1 clove garlic, *grated*
- 1 tbsp olive oil
- 1 tbsp lime juice
- ½ tsp honey or maple syrup
- Salt and pepper, *to taste*
- Cilantro or thai basil, *finely chopped (optional)*



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INSTRUCTIONS

Make Meatballs:

1. In a bowl, mix ground beef with 1 minced garlic clove, lime zest, fish or soy sauce, salt, and pepper. Form into small 1-inch meatballs.
2. Heat coconut or olive oil in a medium sized pot over medium heat. Brown meatballs on all sides, then remove from pot and set aside.

Prepare Soup Base:

1. In the same pot, over medium-high heat, sauté remaining garlic and ginger (if using) for 1 minute until fragrant. Add squash and turnips and cook for 3–4 minutes.

Simmer Soup:

1. Return meatballs to the pot. Add broth and coconut milk. Bring to a gentle boil, then simmer on medium-low heat for 15 minutes until vegetables and meatballs are cooked through.
2. Stir in bok choy and mizuna. Cook 2–3 minutes until wilted. Season with additional fish or soy sauce, lime juice, salt, pepper, and chili flakes to taste. Keep warm.

Make Salad:

1. Trim the stalks and root of fennel and remove any tough outer layers, then slice the bulb very thinly with a sharp knife, set aside. Additionally you can save the fronds for garnish.
2. Add chopped kale to a medium sized bowl with a pinch of salt and a drizzle of olive oil. Massage kale until slightly softened.
3. Toss shaved fennel and grated garlic with massaged kale, along with lime juice, honey, salt, and pepper. Garnish with fennel fronds and, if desired, chopped cilantro or Thai basil.

Serve:

1. Ladle soup into bowls and serve with the fennel-kale salad on the side. Bon Appétit!

Serving Suggestions:

- Serve the soup over steamed rice or rice noodles for a heartier meal.
- For a vegan option, swap ground beef with cubed and pan-fried tofu.
- Drizzle with a little chili oil or sriracha for a spicy kick.

What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes *w/ clickable links*
Delicata Squash Volehalla Farms Ridgefield, WA	Do not refrigerate. Place in a cool and dry place for up to 3 months.	Delicata squash can be roasted whole or in slices. Do not peel the skin but be sure to remove the seeds and stringy flesh.	Parmesan Roasted Squash Roast Chicken & Squash Autumn Salad Wild Rice Stuffed Squash
Fennel Volehalla Farms Ridgefield, WA	Trim fronds two inches above the bulb and wrap loosely in a plastic bag. Store fronds and bulb in the fridge.	Fennel bulb can be roasted, braised, sautéed, or grilled and the fronds can be eaten raw in salads.	Braised Fish & Fennel Shaved Fennel Salad Melted Fennel Pasta Carrot & Fennel Soup
Bok Choy Dilish Farms Vancouver, WA	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Bok choy can be steamed, braised, simmered, stir-fried, or sautéed.	Hoisin Chicken & Bok Choy Kebabs Spicy Ramen Bok Choy Wonton Soup
Mizuna Greens Dilish Farm Vancouver, WA	Wrap washed and dried leaves in a paper towel. Place in a plastic bag in the fridge.	Mizuna greens can be eaten raw or cut and steamed, boiled, stir-fried, or in soups.	Curried Lentils Green Garlic Risotto Simple Mizuna Salad Garlic Potatoes & Greens
Turnips Quackenbush Farms Eagle Creek, OR	Store unwashed in the crisper drawer of the fridge.	Turnips are most often eaten fresh but they can also be roasted, sautéed, or grilled.	Mashed Turnips Creamy Turnip Soup Turnip Gratin Roasted Sesame Turnips & Barley
Kale Quackenbush Farms Eaglecreek, OR	Tightly wrap in a paper towel and place in an air-tight bag in the coldest part of the fridge.	Kale can be used in salads, burgers, or green smoothie. They can also be used to make kale chips.	Kale & Corn Stuffed Chicken Breasts Kale & Artichoke Dip Kale-Tomato Benedict Harvest Kale Salad
Garlic Flat Tack Farm Vancouver, WA	Store garlic bulb at room temperature in mesh bags.	Garlic can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups or stews.	Garlic-Parm Wings Tomato-Garlic Lentil Bowls Garlic Soda Bread Hawaiian Garlic Shrimp
Ground Beef Windy River Livestock Washougal, WA	Store ground beef in its original packaging or transfer to an air-tight container. Keep in the coldest part of the fridge and use within 1-2 days, or freeze for up to 3 months.	Ground beef can be used in tacos, burgers, soups, or pasta sauces.	Honey Garlic Meatballs Nigerian Meat Pies Best Sloppy Joes Turkish Beef Pie Taco Potato Casserole



Organic Practices - Not Certified



Certified Organic



Conventional

PRODUCE HIGHLIGHT:

DELICATA SQUASH



Delicata Squash, with its cream-colored skin and green or orange stripes, is one of the easiest winter squashes to prepare. Its thin, edible skin and golden flesh offer a naturally sweet, buttery flavor that deepens when roasted.

Rich in fiber, vitamin A, and potassium, Delicata supports digestion, immunity, and heart health.

Store whole squash in a cool, dry place for several weeks. Once cut, wrap tightly and refrigerate for up to 5 days, or freeze cooked pieces for longer storage.

Delicata is delicious roasted, stuffed, or sliced into rings and pan-seared. Add it to grain bowls, toss with herbs and maple syrup, or pair with greens and tangy cheese for a cozy fall dish.