

MARKET BOX

Vancouver Farmers Market



RECIPE Celeriac, Potato, Leek, and Apple Soup

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 medium onion *chopped*
- 2 leeks *white and light green part only, halved lengthwise, cleaned and sliced*
- Salt *to taste*
- 2 cloves garlic *diced*
- 2 lb celeriac *peeled and diced*
- 1 lb potatoes *peeled and diced*
- 2 granny smith or braeburn apples *cored, peeled and diced*
- 2 qt vegetable stock
- A bouquet garni made with a bay leaf and a couple of sprigs thyme and parsley (A bouquet garni is a bundle of herbs tied together with string and cooked with the other ingredients, but removed prior to consumption)
- Fresh ground pepper *to taste*



INSTRUCTIONS

1. Heat the olive oil in a large, heavy soup pot over medium heat and add the onion, leeks and a pinch of salt. Cook, stirring, until tender, about 5 minutes. Add the celeriac and a generous pinch of salt, cover partially and cook for another 5 minutes, stirring often, until the celeriac has begun to soften. Add the garlic, potatoes, apples, stock, salt to taste, and the bouquet garni. Bring to a boil, reduce the heat, cover and simmer 1 hour, or until the vegetables are very tender and the soup is fragrant. Remove and discard the bouquet garni.
2. Blend the soup in batches in a blender or food processor (cover the top with a towel and hold it down to avoid hot splashes). The soup should be very smooth. Return to the pot. Stir and taste. Adjust salt, add fresh ground pepper, and heat through.
3. *Optional:* If you would like, you can serve the soup with cashew cream, crème fraîche or plain yogurt and garnish with parsley or microgreens.

Adopted from New York Times Cooking

VEGGIE HIGHLIGHT



Celeriac

Celeriac, also known as celery root, is a knobby, bulbous root vegetable. It has a mild, slightly sweet, flavor, like celery meets parsley.

The root is delicious in soups and stew. It can also be grated and tossed raw in salads. Raw celeriac has an intense flavor, so pair it with other strongly flavored fruits and vegetables, such as carrots, beets, and apples.

To prepare the root, cut off the top and bottom and stand on a cutting board. Then, peel off the knobby, brown skin with a knife (the bumps make it tough to use a peeler) and wash.

FUN FACT: Celeriac is good for the stomach and can help alleviate gas.

What's In My Market Box?



Fruit/Veggies

Kiwi Berries

Parsons Farm
Canby, OR

Storage

Store in the fridge or put them in the freezer for 10 minutes and then eat for a mini sorbet bite!

Preparation

Can be eaten raw or used to make a fruit salad, salsa, or pastry.

Shiitake Mushrooms

Mindful Mushrooms
Portland, OR

Store whole, unwashed in a brown paper bag in the fridge.

Can be sauteed, baked, caramelized, or stir-fried. Can also be added to pasta or ramen.

Radicchio di Chioggia

Quackenbush Farm
Eagle Creek, OR

Wrap loosely wrapped in a plastic bag in the crisper drawer of the fridge.

Can be roasted or sauteed. Pairs well with balsamic vinegar. Can also be used fresh in a salad.

Nicola Potatoes

Flat Tack Farm
Vancouver, WA

Store in a cool, dark place.

Can be roasted, mashed or used for potato salad, hash browns or soup.

Leeks

Quackenbush Farm
Eagle Creek, OR

Wrap in a plastic bag in the crisper drawer of the fridge.

Leeks add sweet, oniony flavor to soups, stews, and pastas. Use white and light green parts only.

Celeriac (Celery Root)

Volehalla Farm
Ridgefield, WA

Store in the crisper drawer in the fridge.

Must peel. Can be made in a mash or soup. Can also be roasted, pan-fried, or sauteed.

Large Box Only

Microgreens

Cascade Sprouts
Vancouver, WA

Store in the container in the crisper drawer in the fridge.

Put on top of salads, sandwiches, stir fry, soup etc.

Buttercup Squash

Volehalla Farm
Ridgefield, WA

Store in a cool, dark place. Will store for 3-4 months.

Can be roasted, made into a casserole or stuffed and baked. Save the seeds to roast.

Fuyu Persimmons

Misty Frog Acres
Battle Ground, WA

Store at room temperature until ripe, then place in a plastic bag in the fridge.

Non-astringent variety. Can be eaten fresh, or cooked into bread, cookies, jam, pudding or cake.

● Organic Practices-Not Certified ● Certified Organic ● Conventional

Add-On Subscriptions

Eggs: Misty Frog Acres

Flower Bouquet: Mays Produce & Flowers



Local Surprise! Milk Money: Mini Pear Oat Crisp (vegan)

