



# MARKET BOX



## FEATURED RECIPE

### Chard and Sweet Corn Tacos

#### INGREDIENTS

- 1 bunch Swiss chard
- Salt to taste
- 1 medium red tropea onion sliced
- 3 large garlic cloves, minced
- Kernels from 2 ears sweet corn
- Freshly ground pepper
- 8 warm corn tortillas
- ½ cup crumbled queso fresco or feta
- Salsa of your choice
- Microgreens to garnish



#### INSTRUCTIONS

1. Bring a large pot of water to a boil while you remove chard leaves from stems and wash leaves in 2 rinses of water. Rinse stalks and dice them if they are wide and not stringy.
2. When water in pot comes to a boil, salt generously and add chard leaves. Blanch for a minute, then transfer to a bowl of cold water and drain. Take chard up by the handful and squeeze out excess water, then cut into ½-inch wide strips. Set aside.
3. Heat oil over medium heat in a large, heavy skillet and add onion. Cook, stirring often, until onions are tender and beginning to color, about 8 minutes, and add a generous pinch of salt, the garlic, diced chard stalks and corn kernels. Continue to cook, stirring often, until corn is just tender, about 4 minutes. Stir in chard and cook, stirring, for another minute or two, until ingredients are combined nicely and chard is tender but still bright. Season to taste with salt and pepper. Remove from heat.
4. Heat tortillas. Top with vegetables, a sprinkling of cheese, a spoonful of salsa, and microgreens.

Adopted from [NYT Cooking](#)

## VEGGIE HIGHLIGHT



### Red Tropea Onions

Red Tropea Onions are an Italian Heirloom! They are traditionally grown in the Calabria region of Italy and produced between Briatico and Capo Vaticano, in the province of Vibo Valentia.

These onions are very pleasant when eaten raw because they are sweeter and more aromatic than white and golden onions.






Also, Tropea Onions are rich in nutrients and active ingredients that are best enjoyed when eaten raw. They have quercetin, the flavonoid responsible for their red color, which is a valuable antioxidant for the immune system.

Try these onions raw, in salads, on top of bruschetta or with beans, as well as cooked, sauteed, baked or fried into a frittata.




**FUN FACT:** Every spring, the town of Tropea holds the Red Onion Festival, where Italians pay tribute to the "Queen of Onions" with gourmet stands and cooking demonstrations.

# What's In My Market Box?



| Fruit/Veggies   | Storage  | Preparation   | Recipes<br><small>*w/ clickable links*</small>   |
|---|--|---|--|
| <p><b>Purple Radish</b><br/><b>Microgreens</b><br/>RYLO Farms<br/>Vancouver, WA</p>  | Store in the container in the crisper drawer of the fridge.  | Microgreens can be put on top of salads, sandwiches, stir fry, etc.   | <ul style="list-style-type: none"> <li>-Carrot Risotto w/Microgreen Salad</li> <li>-Microgreen Salad w/ Vegan Green Goddess Dressing</li> </ul>                            |
| <p><b>Chard</b><br/>Dilish Farm<br/>Vancouver, WA</p>                              | Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper drawer of the fridge. | Chard leaves can be added to salads, soups, pasta, or quinces. They can also be sauteed.  | <ul style="list-style-type: none"> <li>-Sauteed Swiss Chard</li> <li>-Creamed Swiss Chard w/Bacon</li> <li>-Shakshuka With Swiss Chard</li> </ul>                          |
| <p><b>Blueberries</b><br/>Boistfort Valley Farm<br/>Curtis, WA</p>                   | Store unwashed in the fridge.  | Blueberries can be eaten raw or used in cakes, muffins, bars, cake, or cobbler.   | <ul style="list-style-type: none"> <li>-Vegan Blueberry Cinnamon Rolls</li> <li>-Savory Blueberry &amp; Brie Grilled Cheese Sandwich</li> <li>-Blueberry Cookie</li> </ul> |
| <p><b>Red Tropea Onions</b><br/>Quackenbush Farm<br/>Eagle Creek, OR</p>              | Store in a dark, cool, well-ventilated place. Once cut, store in the refrigerator.                           | The Tropea onions are sweeter than the average red onion. They are great raw but can be added to soups, omelettes, burgers or stir-fries. | <ul style="list-style-type: none"> <li>-Quick Pickled Red Onions</li> <li>-Caramelized Balsamic Red Onion Soup</li> </ul>  |
| <p><b>Sweet Corn</b><br/>Amador Farm<br/>Yakima, WA</p>                          | Store unhusked in the fridge.  | Sweet Corn can be eaten raw, boiled, grilled, or roasted.   | <ul style="list-style-type: none"> <li>-Corn on the Cob</li> <li>-Vietnamese Sweet Corn Pudding</li> <li>-Mexican Street Corn Salad</li> </ul>                             |

## \*Large Box Only\*

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|--|--|---|---|
| <p><b>Head Lettuce</b><br/>Last Farm on the Left<br/>La Center, WA</p>          | 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.                             | <ul style="list-style-type: none"> <li>-Seared Steak Lettuce Cups</li> <li>-Vietnamese Spring Rolls</li> </ul>                    |
| <p><b>Patty Pan Squash</b><br/>Sprout &amp; Blossom Farm<br/>Vancouver, WA</p>  | Store dry and unwashed in a bag in the crisper drawer of fridge.                 | Patty pan squash can be roasted, sauteed, or grilled.   | <ul style="list-style-type: none"> <li>-Roasted Patty Pan</li> <li>-Crunchy Patty Pan</li> <li>-Meat Stuffed Patty Pan</li> </ul> |
| <p><b>Thyme</b><br/>Dilish Farm<br/>Vancouver, WA</p>                            | Place the stems in a jar of water like a flower bouquet and store in the fridge. | Thyme can be added to potatoes, meats of all kinds, stews, soups, eggs, pastas, vegetables and beans. | <ul style="list-style-type: none"> <li>-Roasted Potatoes w/Thyme</li> <li>-Creamy Lemon Chicken w/Thyme</li> </ul>                |

● Organic Practices - Not Certified    
 ● Certified Organic    
 ● Conventional



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## \*Add-On Subscriptions\*

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

**Local Surprise!** Fink's Fermented Foods Pickles

**Bread:** Juila's Bakery Garlic Parmesan Bread

