



MARKET BOX



FEATURED RECIPE

Fall Veggie Slaw with Soy-Sesame Dressing

INGREDIENTS

Collard Greens Slaw

- 1 large bunch of collard greens *tough stems discarded and very thinly sliced*
- 2 medium-sized carrots *sliced into very thin matchsticks*
- 3-4 Hakurei Turnips *sliced very thin*
- 1 medium sized kohlrabi *peeled and sliced into thin matchsticks*
- 1 leek *finely chopped, white and light green parts only* (Green onions or chives can also be used!)
- 1/2 cup basil *very thinly sliced*
- 1/4 cup hemp seeds/hearts (or any nut or seed for topping)



Soy-Sesame Dressing

- 1/4 cup tahini
- 1/4 cup low sodium soy sauce
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoons honey
- 1 tablespoon grated fresh ginger
- 2 scallions, 1 leek or 1 small bunch of chives *minced*
- 1 clove of garlic *minced*
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons water

INSTRUCTIONS

1. Blend all the ingredients for the sauce using an immersion blender, regular blender, or food processor until completely smooth and creamy. Taste for seasonings and adjust as needed.
2. In a large bowl add the thinly sliced collard greens. Drizzle in half of the dressing and use your hands to massage it into the collard leaves until they become tender and turn bright green. Add the rest of the veggies and drizzle with the remaining sauce. Sprinkle with the hemp seeds and serve.

Adopted from Dishing Up Dirt

VEGGIE HIGHLIGHT



Kohlrabi

Kohlrabi is a funny-looking vegetable that is about the size and shape of an orange, with a bunch of leafy stems sticking out. It has thick skin that can range from pale green to purple, though the inside is always a very pale yellow.







Kohlrabi has the sweetness of broccoli with a bit of the peppery spice of turnips.

To cook the veggie, first peel the thick, tough outer layer. It can then be eaten raw when shaved or shredded in a slaw or salad. It can also be cooked: boiled, steamed, roasted, fried, or mashed. Slices and sticks can be stir-fried, and the whole stem can be hollowed out, stuffed, and baked like stuffed peppers. Kohlrabi greens can be cooked like spinach, or thinly sliced and added raw to salads.




FUN FACT: The kohlrabi is packed with fiber, vitamin C, potassium and even some protein.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes *w/ clickable links*
<u>Bulb Fennel</u>  Last Farm on the Left La Center, WA	Store bulb in the fridge.	The bulb fennel can be roasted, braised, sautéed, or grilled.	-Linguine w/Meat Sauce -How to Cook -Roasted Fennel
<u>Kohlrabi</u>  Flat Tack Farm Vancouver, WA	Store in the crisper drawer fridge with the greens removed.	Kohlrabi can be roasted or used in salads, slaws, or fries.	-Kohlrabi Fritters -Kohlrabi Fries -German-Style Kohlrabi
<u>Hakurei Turnips</u>  Sprout & Blossom Farm Vancouver, WA	Store unwashed in the crisper drawer of the fridge.	Salad turnips are most often eaten fresh but they can also be roasted, sautéed, or grilled.	-Turnip and Meat Curry -Farro Salad w/Turnips & Greens -Pan-Seared Turnips w/Ginger Miso Glaze
<u>Collard Greens</u>  Sprout & Blossom Farm Vancouver, WA	Store unwashed in a plastic bag in the fridge.	Collard greens can be braised or fried. They can also be used to make Southern-Style Greens.	-Vegan Southern Collard Greens -Southern Collard Greens
<u>Kiwi Berries</u>  Parsons Farm Canby, OR	Store in the fridge or pop them in the freezer for 10 minutes - they will taste like little sorbet bites!	Kiwi berries can be eaten raw or used to make a fruit salad, salsa, or pastry.	-Pan Fried Halibut w/Kiwi Berry Salsa -Kiwi Berry Fruit Salad -Kiwi Berry Pavlova
<u>Carrots</u>  Volehalla Farm Eagle Creek, OR	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	-Roasted Brown Butter Honey Garlic Carrots -Gajar Halwa

Large Box Only

<u>Broccoli</u>  Last Farm on the Left La Center, 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, & Rice -Vegan Broccoli Soup -Kadai Broccoli Masala
<u>Red Kuri Squash</u>  Volehalla Farm Ridgefield, WA	Store in a cool, dry place.	Red kuri squash can be made into a soup. It can also be roasted, grilled or added to desserts!	-Red Curry Kuri Squash -Kuri Squash Pie w/Ginger Shortbread Crust -Red Kuri Cooked in Soy Broth
<u>Leek</u>  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.	-Stir-Fried Beef w/Leeks & Onions -Buttered Sautéed Leeks -Sri Lankan Potatoes & Leeks Curry

 Organic Practices - Not Certified
  Certified Organic
  Conventional

Add-On Subscriptions

Eggs: Edible Acres



Flower Bouquet: Holley's Flowers



Local Surprise! Gee Creek Farm Peanut Butter

Bread: Julia's Bakery Sicilian Bread

