



MARKET BOX

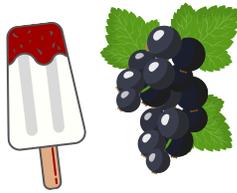


FEATURED RECIPE

Black Currant Coconut Popsicles

INGREDIENTS

- 1 banana *sliced and frozen*
- 1/2 cup fresh black currant
- 1/2 cup fresh cherries
- 1 tbsp organic black currant powder
- 1 (15 oz) can full-fat coconut milk
- 2 tbsp maple syrup or agave syrup



Makes 6 popsicles

INSTRUCTIONS

1. Place the frozen banana, berries, black currant powder and 1/4 can coconut milk in a food processor or high-speed blender and blend until smooth.
2. Fill each popsicle mold (about halfway depending on the mold you are using) with the banana-berry mixture and leave to set in the freezer.
3. Whisk together the coconut milk and 2 tbsp of the maple syrup, until smooth and creamy.
4. Pour the coconut-maple cream over the banana-berry purée layer.
5. Swirl it around the mold to make pretty patterns.
6. Freeze for 4 hours or until set.
7. To remove the popsicles submerge the bottom of the popsicle mold (up to the edge of the top) in room-temperature water for 10-15 seconds, then gently pull to release.

Adopted from Food to Live

PRODUCE HIGHLIGHT



Bing Cherries

Bing Cherries are the gold standard of dark sweet cherries!

It is a cultivar of the wild or sweet cherry that originated in the Pacific Northwest, in Milwaukie, OR. The variety remains a major cultivar in Oregon, Washington, California, Wisconsin and British Columbia. It is the most produced variety of sweet cherry in the United States.

The cherries are firm, heart-shaped, garnet-colored. They are bursting with juicy, sweet flavor and high in antioxidants.

They are great for eating fresh or making traditional preserves.

FUN FACT: The cherries attract a lot of pollinators like hummingbirds, butterflies, and bees!

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<u>Black Currants</u> Volehalla Farm Ridgefield, WA 	Store in a sealed glass container in the fridge. Can also be frozen for later use.	Black currants can be added to jam, juice, tart, cake, or savory sauces.	-Duck Breast w/Black Currant Sauce -Black Currant Jam -Black Currant Pavlova
<u>Head Lettuce</u> Quackenbush Farm Eagle Creek, 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.	-Seared Steak Lettuce Cups -Lettuce Spring Rolls
<u>Shallot Scapes</u> Flat Tack Farm Vancouver, WA 	Place in a jar about halfway with water with the cut end down. Store in a cool area.	Shallot scapes can be used the same way as garlic scapes. Chop and add to stir fry. They are also great grilled!	-What are scapes and how do I cook them?
<u>Basil</u> Last Farm on the Left La Center, WA 	Wrap in dry paper towels and place in a plastic bag.	Basil can be used in pesto or added cooked or fresh to pasta dishes.	-Lemon Basil Chicken -Strawberry Basil Lemonade -Basil Ice Cream
<u>Bing Cherries</u> Amador Farms Yakima, WA 	Store unwashed and uncovered in the fridge.	Cherries can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce.	-Vegan Cherry Chocolate Cake -Grilled Pork Chops w/Cherry Sauce
<u>Conehead Cabbage</u> 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.	-Conehead Cabbage Chicken Salad -Asian Coleslaw

Large Box Only

<u>Daikon Radish</u> Quackenbush Farm Eagle Creek, OR 	Store in the fridge in a plastic bag or wrapped in a damp towel.	Daikon radishes can be used fresh in a salad, pickled with carrots, roasted, or sautéed.	-Daikon Radish Cucumber Salad -Đồ Chua (Vietnamese Pickled Carrots & Daikon Radish)
<u>Mispoona Greens</u> Dilish Farm Vancouver, WA 	Mispoona is an Asian green, a cross btw Tatsoi and Mizuna! Wrap in a paper towel and store in a plastic bag in the fridge.	Mispoona can be eaten raw or used in soups or stir-frys, like Mizuna Greens.	Substitute mispoona for Mizuna in these delicious recipes: -Mizuna w/ garlic & Bacon -Mizuna Quinoa Salad
<u>Snap Peas</u> Volehalla Farm Ridgefield, 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 w/Beef -Vatanyacha Phadna

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

Eggs: Dilish Farm  **Flower Bouquet:** Holley's Flowers

Local Surprise! 2 Angry Cats Cherry Bomb Hot Sauce

Bread: Julia's Bakery French Bread

