



MARKET BOX



FEATURED RECIPE

Pico de Gallo

INGREDIENTS

- 1 lb tomatoes *diced small*
- 2/3 cup finely chopped yellow onion
- 1/3 cup finely chopped cilantro
- 1 small jalapeno *seeded and minced*
- 1 small garlic clove *finely minced*
- 2 1/2 tbsp fresh lime juice
- Salt *to taste*



INSTRUCTIONS

1. Add tomatoes, onion, cilantro, jalapeno, garlic, lime juice to a mixing bowl and toss while seasoning with salt to taste.
2. Serve right away or store in refrigerator up to 4 days. Use a slotted spoon to serve if you don't want the excess moisture.

NOTES

- Red onion can be substituted for yellow onion.
- Try it with a diced avocado for extra flavor!

Adapted from [Cooking Classy](#)

FARMER HIGHLIGHT



Last Farm on the Left

La Center, WA

Last Farm On The Left was started in 2021 by Maria and Josh Humphrey in La Center, WA on a small 1.6 acre farm.

Maria and Josh had been passionate home gardeners and always dreamed of operating their own small farm one day and in 2020 were able to purchase their first farm. They grow vegetables in no-dig garden beds and caterpillar tunnels and raise a small flock of hens. They use natural growing practices and let their animals have plenty of space to roam around and live happy lives.

Last Farm on the Left focuses on producing lots of greens and root vegetables, as well as delicious summer crops like tomatoes, peppers, and cucumbers.

VEGGIE HIGHLIGHT

Plum Tomatoes



Plum tomatoes are oval or cylindrical in shape, with a slightly pointed end. Also referred to as paste tomatoes or processing tomatoes, are valued for their meaty texture, low moisture content, and minimal seeds, which make them particularly well-suited for culinary uses such as sauces, salsas, pastes, and canning.

When using plum tomatoes in recipes, their firmness and reduced moisture content mean that they might require a longer cooking time to break down and release their flavors. They can be blanched and peeled before use to achieve a smoother texture in sauces and pastes.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Plum Tomatoes Last Farm on the Left La Center, WA	Store at room temperature out of direct sunlight.	Plum tomatoes can be eaten fresh but are especially good for making salsa, sauce, gazpacho, or soup.	-Gazpacho -Sweet Tomato Jam -Chinese Beef Tomato Stir-Fry
Lemon Cucumbers Volehalla Farm Ridgefield, WA	Store in the fridge wrapped in a dry paper towel in a loosely closed plastic bag.	Lemon cucumbers can be eaten raw or pickled. Substitute in any slicing cucumber dish!	-Lemon Cucumber Pickles -Indian Dosa Avakai
Jalapeño Pepper Last Farm on the Left La Center, WA	Store in the fridge in a plastic bag.	Jalapeño peppers can be pickled, added to salsa. They are also great to add recipes for a little heat! Remove seeds for less heat.	-Jalapeño Poppers -Quick Pickled Jalapeños -Jalapeño Hot Sauce
Red Delicious & Romeo Apples Dilish Farm Vancouver, WA	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel.	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	-Moroccan Apple Beef Stew -Applesauce -Apple Pie Cinnamon Rolls
Yellow Onion Flat Tack Farm Vancouver, WA	Store in a cool and dark place.	Onions can be roasted, grilled, caramelized, pickled, used in a casserole or added to salsa.	-Sautéed Onions -Beef Onion Stir-Fry
Rainbow Carrots Quackenbush Farm Eagle Creek, OR	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	-Roasted Brown Butter Honey Garlic Carrots -Vegan Carrot Cake -Gajar Halwa

Large Box Only

Potatoes Sprout & Blossom Farm Vancouver, WA	Store in an open bowl or paper bag in a dark, cool place, away from onions.	Potatoes can be roasted, sautéed, or grilled. They can also be used to make mashed potatoes, latkes, and potato salad.	-Pan-Fried Potatoes w/Lemony Sauce -Potato Pancakes -Roasted Potatoes
Lacinato Kale Volehalla Farm Ridgefield, WA	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.	-Lacinato Kale Chips -Lacinato Kale & Mint Salad -Tropical Kale Smoothie
Yellow Summer Squash Sprout & Blossom Farm Vancouver, WA	Store whole and unwashed in a bag in the crisper drawer of the fridge.	Summer squash can be roasted, baked, or sautéed or made into noodles.	-Mexican Squash & Ground Beef Casserole -Roasted Summer Squash -Yellow Squash Tots w/Garlicky Yogurt Dip

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional



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Add-On Subscriptions



Eggs: Flat Tack Farm
Flower Bouquet: Holley's Flowers
Local Surprise! Goddess Mousse Vegan Chocolate Mousse
Bread: Julia's Bakery French Bread

