



MARKET BOX



FEATURED RECIPE

Orach, Green Bean, and Kohlrabi Thai Salad

INGREDIENTS

- 1 bunch of red orach leaves *washed and chopped*
- 1 large kohlrabi *spiralized into noodles or shredded*
- 1 large red pepper *thinly sliced*
- 1 cup carrots *shredded*
- 1 cup cabbage *shredded*
- 2 green onions *sliced*
- 1 cup green beans, *trimmed and cut into bite-sized pieces*
- 1 jalapeño pepper *seeds removed and thinly sliced*
- 1/4 cup fresh cilantro leaves
- sesame seeds for garnish



Dressing

- 3 tablespoons avocado oil
- 1 tablespoon sesame oil
- 2 tablespoon rice vinegar
- 2 tablespoons soy sauce *or coconut aminos*
- 1 tablespoon honey *or agave*
- juice of 1/2 a lime
- 1 tablespoon lemongrass paste
- 1 teaspoon minced ginger
- 1 teaspoon pureed (or minced) ginger
- 1 tablespoon water

INSTRUCTIONS

1. Combine all the ingredients for the salad in a large bowl and toss together.
2. Whisk together all the ingredients for the dressing in a separate bowl. Pour over the salad and toss until well coated.
3. Garnish with sesame seeds and lime wedges.

Adopted from [Running to the Kitchen](#)

VEGGIE HIGHLIGHT



Red Orach

Red Orach is most commonly referred to as "red mountain spinach". It has a deep red hue and is as tasty as it is beautiful!

The vegetable is native to Europe and Siberia and is considered to be one of the oldest cultivated plants. It was popular for growing throughout the Mediterranean before spinach became more popular.

Orach has a mild chard-like flavor but tastes saltier than most greens because the minerals from the soil are stored in the plant's leaves.






It is a great source of iron, magnesium, calcium, zinc, phosphorous, and vitamin C.

The red leaves are great for salads or cooked and added to soups, sauces, and pasta. They are a great substitute for baby greens!




FUN FACT: Orach can come in a variety of color, including red, purple, blue-green, and bright lime green.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<p>Red Orach Dilish Farm Vancouver, WA</p> 	Wrap in a paper towel and store in a plastic bag in the fridge.	Orach can be eaten raw in salads and wraps or cooked like spinach. They are a great substitute for baby greens!	<ul style="list-style-type: none"> -Risotto w/Orach & Shrimp -Orach & Lemon Balm Pesto -Pea and Red Orach Muffins
<p>Strawberry Rainier Cherries Amador Farm Yakima, WA</p> 	Store unwashed and uncovered in the fridge.	Cherries can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce.	<ul style="list-style-type: none"> -Grilled Pork Chops with Cherry Sauce -Vegan Cherry Chocolate Cake
<p>Oyster or King Trumpet Mushroom Owl Mushrooms Vancouver, WA</p> 	Store whole, unwashed in a brown paper bag in the fridge.	Mushrooms can be sauteed, baked, caramelized, or stir-fried. They can also be added to pasta or ramen.	<ul style="list-style-type: none"> -Garlic Butter Oyster Mushrooms -Fried Oyster Mushrooms -Soy Butter Glazed King Oyster Mushrooms
<p>Kohlrabi Flat Tack Farm Vancouver, WA</p> 	Store in the crisper drawer fridge with the greens removed.	Kohlrabi can be roasted or used raw in salads, slaws, or fries.	<ul style="list-style-type: none"> -Kohlrabi Fritters -Kohlrabi Fries -German-Style Kohlrabi
<p>Green Beans Amador Farms Yakima, WA</p> 	Store unwashed and uncooked in the fridge.	Green beans can be roasted, sautéed, boiled, or used to make green bean casserole.	<ul style="list-style-type: none"> -Beef and String Beans -Vegan Green Beans -Chinese Garlic Green Beans

Large Box Only

<p>Thai Basil Sprout & Blossom Farm Vancouver, WA</p> 	Place basil stems in a glass or jar filled with about an inch of water, similar to how you would store fresh flowers in a vase. Store at room temperature.	Thai basil can be eaten raw or added to salads and to Asian recipes.	<ul style="list-style-type: none"> -Thai Basil Chicken -Lemon Basil Tofu -All-Purpose Thai Basil Sauce
<p>Summer Squash Sprout & Blossom Farm Vancouver, WA</p> 	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.	<ul style="list-style-type: none"> -Mediterranean Zucchini Noodles -Zucchini Tots -Zucchini Bread
<p>Black Currants Volehalla farm Ridgefield, WA</p> 	Store in a sealed glass container in the fridge. They can also be frozen for later use.	Black currants can be added to jam, juice, tart, cake, or savory sauces.	<ul style="list-style-type: none"> -Duck Breast w/Black Currant Sauce -Black Currant Jam -Blackcurrant Pavlova

 Organic Practices - Not Certified
  Certified Organic
  Conventional



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Add-On Subscriptions



Eggs: Reister Ranch
 Flower Bouquet: Holley's Flowers
Local Surprise! 2 Angry Cats Smoked Dragon Chipotle Sauce
Bread: Julia's Bakery Plain Challah

