

MARKET BOX

Vancouver Farmers Market



RECIPE Tomatillo & Sweet Corn Gazpacho

INGREDIENTS

- 3/4 lbs tomatillos *husks removed and tomatillos rinsed*
- 1/2 cucumber *skin removed*
- 1/4 avocado
- 1 tbsp chopped parsley leaves
- 1 tbsp chopped cilantro leaves
- 1 tbsp mirin
- 1/2 tbsp honey
- 2 cloves garlic
- Pinch of salt
- 1 ear sweet corn
- 1/2 lb shishito peppers (optional)

Spices

- 1/2 tsp coriander seeds
- Pinch of ajwain seeds
- 1/4 tsp ground pepper



INSTRUCTIONS

1. Combine all the ingredients except spices, shishitos and corn in a blender until smooth.
2. Dry toast the spices in a dry skillet over low-medium heat for 2 minutes until fragrant. Grind in a spice grinder if you have one. Add to blender and pulse several times until combined. Add salt if desired.
3. Chill gazpacho. When ready to serve, blister shishito peppers in hot cast-iron skillet with salt for 1-2 mins (optional). Cut sweet corn kernels off of cob - no need to cook if ripe and in season. Serve gazpacho cold, topped with warm shishito peppers (optional), and sweet crunchy corn kernels. *Adopted from Spice Mama*

FARMER HIGHLIGHT



Jones Farm

Ridgefield, WA

You tried these amazing blackberries earlier in the season and now it's time to learn a little bit more about where they came from!

Jones Farm started in 1940 in Ridgefield, WA. Over the years the land has been the home to dairy cows, and has harvested such crops as cucumbers, corn, beans, and strawberries. Jones Farm remains family run by 3 generations of Jones, but now focuses on just one crop: the Black Diamond Blackberry! Our delicious blackberries grow on thornless vines and are picked at the peak of ripeness from the end of June through early August.

What's In My Market Box?



Fruits/Veggies

Storage

Preparation

Carrots

Root Cellar Farm
Onalaska, WA

Store unwashed in fridge

Roast, sauté, or use in baked goods



Gourmet Bistro Salad Mix

Round Table Farm
Winlock, WA

Store in the bag in the crisper drawer in the fridge

Use in salads, smoothies, power bowls, sandwiches, or on top of pizza

Sweet Corn

Boistfort Valley Farm, Inc.
Curtis, WA

Store unhusked in the fridge

Can be eaten raw, boiled, roasted or grilled



Tomatillos

Finca Farm & Pantry
La Center, WA

Store unhusked in a paper bag in the fridge

Can be roasted or used to make salsa verde

Cherries

Amador Farms
Yakima, WA

Store unwashed and uncovered in the fridge

Can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce



Large Box Only

Shishito Peppers

Finca Farm & Pantry
La Center, WA

Store in a bag in the fridge

Can be sautéed, roasted, or blistered

Purple String Beans

Volehalla Farm
Ridgefield, WA

Store unwashed and unblanched in the fridge

Can be roasted, sautéed, boiled, or used in a casserole



Shiro Plums

Volehalla Farm
Ridgefield, WA

Store at room temperature until ripe, then put in a plastic bag in the fridge

Can be eaten fresh or used in tarts, pies, or jams

