



MARKET BOX



FEATURED RECIPE

Cucamelon Salad



INGREDIENTS

- Kale or any salad greens
- Pint of cucamelon *halved*
- Pint of cherry tomato or *slicing tomatoes*
- 4-5 radishes *thinly sliced*
- 1/2 medium red onion *sliced*
- 3-4 mini sweet peppers *sliced*

Dressing

- 1/4 cup extra virgin olive oil
- 1/2 lemon juice
- 1 teaspoon garlic powder
- 1/4 cup crumbled feta
- salt/pepper

INSTRUCTIONS

1. In a large bowl, combine the kale, cucamelon, cherry tomatoes, radishes, onion, and peppers.
2. For the dressing, whisk together the olive oil, lemon juice, garlic powder, feta, salt, and pepper in a small bowl.
3. Drizzle the vinaigrette into the salad, tossing to coat.

Adopted from Nothing to Eat

VEGGIE HIGHLIGHT



Cucamelons

Despite its name, cucamelons are not a hybrid of watermelons and cucumbers. They are a fruit native to Mexico and Central America!

They have a semi-hard rind with markings like a watermelon, but the entire thing is edible so they can be popped into your mouth for a burst of cucumber flavor with a sour twist.

Cucamelons are very versatile. They can be put in a salad or snacked on with salt. Accentuate their tart taste by pickling them, or skewer them and use as a fancy cocktail garnish.

FUN FACT: Cucamelons are also known as Mexican sour gherkin, miniature watermelon, sour cucumber, and mouse melon.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Heirloom Slicing Tomatoes Volehalla Farm Ridgefield, WA	Store at room temperature out of direct sunlight. Store stem side down while they finish ripening.	Tomatoes can be eaten fresh or used to make salsa, sauce, gazpacho, or soup.	-Gazpacho -Sweet Tomato Jam -Chinese Beef Tomato Stir-Fry
Microgreens Cascade Sprouts Eagle Creek, OR	Store in the container in the crisper drawer of the fridge.	Put microgreens on top of salads, sandwiches, stir fry, etc.	-Carrot Risotto w/Microgreen -Microgreen Salad w/Croutons & Vegan Dressing
White Sweet Corn Flat Tack Farm Vancouver, WA	Store unhusked in the fridge.	Sweet corn can be eaten raw or boiled or roasted.	-Corn on the Cob -Vietnamese Sweet Corn Pudding (Chè Bắp) -Mexican Street Corn Salad
Honey Crisp Apples Amador Farms Yakima, 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 or added to crisps, oatmeal, and salad.	-Moroccan Apple Beef Stew -Applesauce -Apple Pie Cinnamon Rolls
Cucamelons Flat Tack Farm Vancouver, WA	Keep in a paper bag in the crisper drawer of the the fridge.	Cucamelons can be eaten raw or added to salads and cocktails. They can also be pickled!	-Quick Pickled Cucamelon -Tomato and Cucamelon Salsa -Ponzu-Marinated Cucamelon

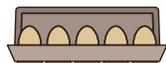
Large Box Only

Purple Basil Dilish Farm Vancouver, 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
Red Russian Kale Dilish Farm Vancouver, 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.	-Kale and Chorizo Soup -Kale Salad w/Apples -Sauteed Kale with Smoked Paprika
Chocolate Cherry Tomatoes Volehalla Farm Ridgefield, WA	Store at room temperature out of direct sunlight.	Tomatoes can be eaten fresh or used to make salsa, sauce, gazpacho, or soup.	-Marinated Cherry Tomatoes -Pasta w/Cherry Tomatoes

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

Eggs: Star & Sparrow Farm



Flower Bouquet: Holley's Flowers



Local Surprise! Bozorth Beverages Fruit Lemonades



Bread: Julia's Bakery Poppy Seed Challah

Meat: Misty Frog Acres Chicken, Windy River Livestock Beef & Pork, & Reister Ranch Lamb

(Additional info on cuts included in Meat Subscription Newsletter)