



MARKET BOX



FEATURED RECIPE

Winter Squash and Caramelized Onion Pizza

INGREDIENTS

- 3 tablespoons olive oil
- 2 medium yellow onions *thinly sliced into half moons*
- 1 batch pizza dough
- 1 (14.5 ounce) can diced tomatoes
- 2 delicata squash *thinly sliced*
- 1 clove garlic, minced
- 1 hot pepper optional *thinly sliced*
- Fresh basil



INSTRUCTIONS

1. Heat with 2 tbsp olive oil over medium heat and add onions and cook, stirring occasionally, until caramelized (about 45 mins).
2. While the onions are caramelizing, preheat the oven to 350° F.
3. Toss the delicata squash with olive oil or spray with olive oil spray. Add to a sheet pan and bake for about 20 minutes.
4. While the squash is baking, prep the tomatoes. Add remaining olive oil to a medium sized pan over medium heat and add garlic. Strain tomatoes and add to the olive oil and garlic mix.
5. Roll out pizza dough to desired size/shape. Transfer to baking sheet.
6. When the onions have finished caramelizing and the squash has finished baking, turn oven up to 450° F.
7. Transfer rolled out dough to a baking sheet and poke the top of the dough with a fork. Add tomato layer first, followed by onions and squash. Bake for 11 minutes or until done.
8. When the pizza is done remove from oven and top with fresh basil.

Adopted from FeedFeed

VEGGIE HIGHLIGHT



Delicata Squash

Delicata squash is a fall favorite! It is nicknamed the “sweet potato squash” and has a delicate, sweet, and creamy flesh that caramelizes beautifully in the oven.

Because of its small size and thin skin, it's super easy to work with. The skin is edible and does not need to be peeled! It can be roasted, stuffed, or made into a soup.

The squash is also very nutritious. It's a good source of potassium and dietary fiber, and contains magnesium, manganese, and vitamins C and B.

FUN FACT: The Delicata Squash is indigenous to North and Central America and were introduced to early European settlers by Native Americans.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Delicata Squash  Volehalla Farm Ridgefield, WA	Do not refrigerate. Place in a cool and dry place. They will store for several months.	Delicata squash can be roasted whole or in slices. The skin does not need to be peeled but remove the seeds & stringy flesh.	-Chicken & Delicata Curry -Roasted Stuffed Delicata -Delicata Soup
Bartlett Pears  Amador Farms Yakima, WA	Store at room temperature until ripe, then store in the fridge.	Pears can be eaten fresh or added to cobbler, cake, or bread.	-Braised Beef w/Pears & Ginger -Easy Vegan Pear Crisp -Pear Muffins
Yellow Onions  Quackenbush Farm Eagle Creek, OR	Store in a cool, dark place.	Yellow onions can be roasted, grilled, caramelized, pickled, or used in a casserole.	-Sautéed Onions -Beef Onion Stir-Fry
Garlic  Sprout & Blossom Farm Vancouver, WA	Store garlic bulb at room temperature in mesh bags.	Garlic can be added to flavor pickles, salad dressings, marinades, sauces, veggies, meats, soups, or stews.	-Roasted Garlic -Garlic Confit -Lebanese Garlic Sauce (Toum)
Mixed Hot & Sweet Peppers  Coyote Ridge Ranch La Center, WA	Store in the fridge in a plastic bag.	Hot peppers can be added to recipes to increase the heat. Remove seeds for less heat. Sweet peppers can be fried, roasted, or grilled.	-Stuffed Peppers -Pickled Hot Peppers -Hot Sauce
Purple Mini Daikon Radish  Quackenbush Farm Eagle Creek, OR	Store in the fridge in a plastic bag or wrapped in a damp towel.	Daikon radish can be used fresh in a salad, pickled with carrots, roasted, or sautéed.	-Daikon Radish -Cucumber Salad -Viet Pickled Carrots & Daikon Radish

Large Box Only

Celery  Volehalla Farm Ridgefield, WA	Wrap in a dry towel and place in a plastic bag and store in the crisper drawer of the fridge.	Celery can be stir-fried or used in soups or fresh in salads.	-Celery Soup -Sweet Potato & Celery Root Fries -Celery Sunomono
Heirloom Tomatoes  Last Farm on the Left La Center, 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
Sorgente Radicchio  Dilish Farm Vancouver, WA	Wrap loosely wrapped in a plastic bag in the crisper drawer of the fridge.	Radicchio can eaten fresh in a salad, roasted, or sautéed. It pairs well with balsamic vinegar.	-Roasted Radicchio -Radicchio w/ Honey Vinaigrette & Cotija -Orange Radicchio Salad

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

 **Eggs:** Edible Acres  **Local Surprise!** Amilkar Hummus Garlic & Chives Hummus 
Flower Bouquet: Holley's Flowers **Bread:** Sunrise Bagels Mixed Variety Bagels (no preservatives added to bagels, store in the fridge or freezer)
Meat: Misty Frog Acres chicken, Windy River Livestock beef and pork, Waddle Woods Farm pork, and Reister Ranch lamb (Additional info on cuts included in Meat Subscription Newsletter)