



MARKET BOX



FEATURED RECIPE

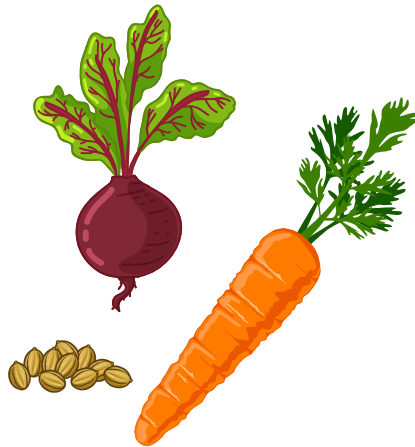
Root Veggie Salad w/Easy Aromatic Toasted Spice Vinaigrette

INGREDIENTS

- ½ head of lettuce
- 2 beets
- 2 carrots
- ½ lemon

For the Dressing

- 1 tsp dried coriander seeds
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- ¼ cup olive oil
- 2 tbsp white wine vinegar
- 1 tsp dijon mustard
- Dash of salt and pepper



INSTRUCTIONS

1. Rinse beet thoroughly under running water, peel and grate on a box grater into a bowl.
2. Trim carrots, rinse, peel and grate.
3. Cut lemon in half and squeeze. Mix half of the juice with carrots and beets.
4. Clean the lettuce, rinse, dry, and cut into bite-sized pieces.
5. To make the dressing, toast the spices in a dry pan over medium heat, stirring occasionally, until toasted and crunchy.
6. Add the spices, olive oil, vinegar and mustard to a sealable container. Shake vigorously to combine.
7. Add the dressing to your salad!

Recipe adapted from [A Lover's Kitchen](#)

VEGGIE HIGHLIGHT



Coriander Seeds

The term coriander is used in much of the world in reference to both cilantro leaves and seeds, however in the Americas, it generally refers to the dried cilantro seeds which are used as a spice both in whole form and ground.

Coriander seeds are round and tannish brown. They have a bit of a spicy, citrus flavor and can be used during cooking to flavor meat and vegetable dishes as well as being used to enhance salads, pickles, and preserves. Cilantro leaves and coriander seeds taste very different and cannot be substituted for each other in recipes!

FUN FACT: The coriander name comes from the Greek word *koris*, meaning a stink bug. This is likely a reference to the strong aroma given off by the cilantro plant leaves when they are bruised.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<u>Head Lettuce</u> Harvest Moon Farm Ridgefield, WA	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	-Seared Steak Lettuce Cups -Vietnamese Spring Rolls
<u>Rainbow Carrots</u> Volehalla Farm Ridgefield, WA	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
<u>Sweet Corn</u> Heidi's Fancy Goods Amboy, WA	Store unhusked in the fridge.	Corn can be eaten raw or boiled or roasted.	-Corn on the Cob -Vietnamese Sweet Corn Pudding -Mexican Street Corn Salad
<u>Dried Coriander Seeds</u> Dilish Farm Vancouver, WA	Store in an airtight container at room temperature. Can be stored for up one year.	Dried coriander seeds can be used whole or crushed to flavor meat and vegetable dishes. It can also be used to enhance salads, pickles, and preserves.	-Oven Fries w/Coriander Seeds -Coriander Seed Pesto -Coriander Seed Bundt Cake
<u>Honeyrock Cantaloupe</u> Volehalla Farm Ridgefield, WA	Store whole, uncovered in the fridge. These melons are picked at the peak of ripeness and taste far better than melons from the grocery store. They should be enjoyed within a few days.	Cantaloupe can be eaten raw or made into a sorbet, bread, jam, pie, or salad.	-Cantaloupe Sorbet -Cantaloupe and Pancetta Cream -Spiced Cantaloupe Tea Loaf
<u>Mixed Beets</u> Quackenbush Farm Eagle Creek, OR	Store beet roots in the crisper drawer of the fridge. Beet roots will store in the fridge for several weeks.	Beet roots can be boiled, steamed, or roasted.	-Sautéed Beet Greens -Beetroot Brownies -Borscht

Large Box Only

<u>Scallions</u> Sprout & Blossom Farm Vancouver, WA	Store in the crisper drawer of the fridge.	Green onions can be added to vinaigrettes or stir-fries. They can also be chopped and used fresh on top of dishes.	-Pork Stir Fry w/Green Onion -Freeze Green Onions -Green Onion Cakes
<u>Chard</u> Dilish Farm Vancouver, WA	Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper drawer of the fridge.	Chard can be added to salads, soups, pasta, or quinces. It can also be sautéed.	-Sautéed Swiss Chard -Creamed Swiss Chard w/Bacon -Shakshuka With Swiss Chard
<u>Mixed String Beans</u> Flat Tack Farm Vancouver, WA	Store unwashed and uncooked in the fridge.	String beans can be roasted, sautéed, boiled, or used to make green bean casserole.	-Beef and String Beans -String Beans -Chinese Garlic String Beans

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional



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