

MARKET BOX

Vancouver Farmers Market



RECIPE Purple Beans with Basil and Cherry Tomatoes

INGREDIENTS

- 1 lb purple beans
- 1 1/2 cups water
- 1/4 cup butter
- 1 tbsp granulated sugar
- 3/4 tsp garlic salt
- 1/8 tsp sea salt
- 1/4 tsp black pepper *coarsely ground*
- 5 to 6 sweet basil leaves *torn into pieces*
- 2 cups chocolate cherry tomatoes *halved*

INSTRUCTIONS

1. Wash beans thoroughly in clear, cool water and trim ends. If the beans are large, cut in half.
2. In a large saucepan over medium-high heat, bring water to a gentle boil. Add trimmed green beans and cook, uncovered, approximately 8 to 9 minutes or cook to your preference. Remove from heat and drain. NOTE: The beans will continue to cook after you remove them from the heat source. Either take them out just before they are cooked the way you like or plunge them in ice water immediately to stop the cooking process.
3. In a non-stick sautpan melt the butter; stir in sugar, garlic salt, salt, pepper, and basil.
4. Add cherry tomatoes and stir gently.
5. Add cooked green beans, tossing gently, and serve.

Adopted from *What's Cooking America*

VEGGIE HIGHLIGHT



Purple String Bean

Purple string beans are simply a purple version of the classic green beans. Underneath the purple shell is a green flesh and peas. They have the same taste as a French green bean, but have grassy notes and a sweet finish. It is originally from Central and South America.

The beans can be steamed, sauteed, baked and used in recipes wherever French beans are called for. They pair well with onion, lemon, parsley, almonds, dill, tomato, hard cheeses, and quinoa.

FUN FACT: They lose their purple color when cooked, so consider them for raw recipes or lightly steam them and dip them into ice water to preserve as much of their color as possible.

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

● **Broccoli Crowns**

Root Cellar Farm
Onalaska, WA

Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge

Microwave, steam, boil, sauté, stir-fry, or roast

● **Numex Suave Orange**
Habanero + Red Lipstick Peppers

Volehalla Farm
Ridgefield, WA

Store in the fridge. Habaneros are orange and have a slight spice. Lipsticks are red and mild

Can be sauteed, roasted, or blistered

● **Rainbow Carrots**

Root Cellar Farm
Onalaska, WA

Store unwashed in the fridge

Roast, sauté, use in baked goods or eat raw

● **Purple String Beans**

Volehalla Farm
Ridgefield, WA

Store unwashed in the fridge

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

● **Golden Delicious Apples**

Amador Farms
Yakima, WA

Store in a cool dry place or in the crisper drawer away from other produce

Can be eaten fresh or used in pies, crisps, oatmeal, and cobblers

● **Chocolate Cherry Tomatoes**

Volehalla Farm
Ridgefield, WA

Store at room temperature on counter

Can be eaten fresh or used to make salsa, sauce, gazpacho, or soup

Large Box Only

● **Zucchini**

Volehalla Farm
Ridgefield, WA

Store whole and unwashed in the crisper drawer in the fridge

Can be roasted, baked, or sautéed or made into zoodles

● **Spicy 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

● **D'Anjou Pears**

Amador Farms
Yakima, WA

Store at room temperature until ripe, then store in the fridge

Can be eaten fresh or used to make cobbler, cake, or bread

● Organic Practices-Not Certified ● Certified Organic ● Conventional

Add-On Subscriptions

Eggs: Finca Farm & Pantry **Flower Bouquet:** Mays Produce & Flowers



Local Surprise: Columbia River Sourdough 2lb Loaf

