



# MARKET BOX



## FEATURED RECIPE

### Vegan Collard Green Wraps

#### INGREDIENTS

- ½ large carrot
- 1 Persian cucumber
- 1 bell pepper
- 1 tbsp chopped fresh cilantro
- ½ cup microgreens
- 4 collard green leaves
- 4 tbsp hummus



#### INSTRUCTIONS

1. Rinse, peel & cut the carrot and cucumber into thin strips.
2. Clean, half & seed the peppers. Cut into thin strips.
3. Rinse & dry cilantro and microgreens. Chop cilantro.
4. Trim the stem and spine of the collard green leaves.
5. Bring a quart of salted water to a boil and lower flame. Submerge the leaves (one at a time) into the simmering water for 20-30 seconds. Place the collard greens in a clean dish cloth (or between 2 paper towels) and pat dry gently and completely.
6. Measure hummus into a small bowl. Place all the ingredients on a cutting board. You are now ready to wrap!
7. Lay out collard greens with de-stemmed section overlapping each other (with no openings). Stack in order - hummus, carrots, cucumbers, peppers, microgreens & cilantro. Now start rolling tightly and tuck in the sides to close the end openings.
8. Either slice in half or eat whole. Enjoy!

*Adopted from The Mindful Fork*

## FARMER HIGHLIGHT



### Jones Farm

*Ridgefield, WA*

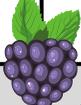
Jones Farm was started in 1940. Over the years, the land has been the home to dairy cows, and has produced a variety of crops, including cucumbers, corn, beans, and strawberries.

Today, Jones Farm remains family run, but focuses just on Black Diamond Blackberries. Jones Farm blackberries grow on thornless vines and are picked at the peak of ripeness. They typically have a very short season, just 4-6 weeks.

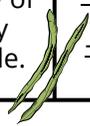
The Black Diamond is a cross between the Kotata Blackberry and a New Zealand Thornless Blackberry. They are a medium to large berry that is dark purple to black in color. The berries have small seeds, and a milder flavor than other Northwest varieties.

# What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<b><u>Black Diamond Blackberries</u></b> Jones Farm Ridgefield, WA 	Store unwashed in the crisper drawer of the fridge.	Black Diamond Blackberries are a special variety that have smaller seeds and a mild flavor. They can be eaten raw or used in cakes, muffins, bars, cake, or cobbler.	<a href="#">-Blackberry-Glazed Chicken</a> <a href="#">-Vegan Blackberry Cobbler</a>
<b><u>Salad Mix</u></b> Last Farm on the Left La Center, WA 	Store in the bag in the crisper drawer in the fridge.	Salad Mix can be used in salads, smoothies, power bowls, or on top of pizza.	
<b><u>Broccoli</u></b> Amador Farm Yakima, WA 	Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge.	Broccoli can be microwaved, steamed, boiled, sautéed, stir-fried, or roasted.	<a href="#">-One-Pan Cheesy Chicken, Broccoli, &amp; Rice</a> <a href="#">-Vegan Broccoli Soup</a> <a href="#">-Kadai Broccoli Masala</a>
<b><u>Persian Cucumbers</u></b> Quackenbush Farm Eagle Creek, OR 	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Persian Cucumbers are small with a thin skin and few seeds. They can be eaten raw and used in salads or drinks. They can also be pickled!	<a href="#">-Shirazi Salad</a> <a href="#">-Asian Cucumber Salad</a> <a href="#">-Persian Mint and Cucumber Cooler</a>
<b><u>Collard Greens</u></b> Sprout & Blossom Farm Vancouver, WA 	Store unwashed in a plastic bag in the fridge.	Collard Greens can be braised or fried. They can also be used to make Southern-Style Greens.	<a href="#">-Southern Collard Greens</a> <a href="#">-Vegan Southern Collard Greens</a>

## \*Large Box Only\*

<b><u>Radish Trio</u></b> Dilish Farm Vancouver, WA 	Store in the fridge in a plastic bag or wrapped in a damp towel.	The Trio Radishes includes Radish Red Candlestick, Icicle Radish, and Pink Beauty Round Radish. They can be used fresh in a salad, pickled with carrots, roasted, or braised.	<a href="#">-Fauxtato Chips</a> <a href="#">-Roasted Icicle Radishes</a> <a href="#">-Icicle Radish Salad</a>
<b><u>Edible Flowers</u></b> Sprout & Blossom Farm Vancouver, WA 	Store in an airtight container in the fridge.	Edible flowers can be used as a garnish in salads, frozen in ice cubes for punches, or candied for decoration.	<a href="#">-Spring Salad</a> <a href="#">-Candied Flowers</a> <a href="#">-Shortbread Cookies</a> <a href="#">-Spring Rolls</a>
<b><u>Heirloom Long Beans</u></b> Dilish Farm Vancouver, WA 	Store unwashed and uncooked in the fridge.	These are a tender variety of beans that can be lightly steamed or sautéed whole.	<a href="#">-Long Beans w/Black Pepper</a> <a href="#">-Pickled Long Beans w/Pork Stir-Fry</a>

● Organic Practices - Not Certified    
 ● Certified Organic    
 ● Conventional

## \*Add-On Subscriptions\*

**Eggs:** Sprout & Blossom/Flat Tack Farm     **Flower Bouquet:** Holley's Flowers

**Local Surprise!** Blooming Artichoke Herbarry Sipping Summer Tea

**Bread:** Julia's Bakery Rye Bread

