

MARKET BOX

Vancouver Farmers Market



RECIPE Deconstructed Cabbage Rolls

INGREDIENTS

- 1 tbsp butter
- 1 fresh sausage (or sub tempeh) *about 4 ounces*
- 1 onion *chopped*
- 4 cloves garlic *finely chopped*
- 1 small or 1/2 small cabbage *cored and chopped*
- Salt and pepper *to taste*
- 3 cups cooked rice
- 4 cups cooked lentils
- 3 1/2 cups pureed canned tomatoes



INSTRUCTIONS

1. Preheat the oven to 350F. Lightly oil a large casserole dish.
2. Melt the butter in a large pan over medium heat. Crumble the raw meat or into the pan and sauté until it's no longer pink, then transfer to a large bowl. Substitute tempeh and cook as desired for vegetarian dish.
3. Add the onion and garlic to the pan and sauté. Once the onion turns translucent, add the cabbage and sauté until it's tender. Season generously with salt and pepper.
4. While the cabbage cooks, mix the rice and lentils with the sausage in the bowl. Add salt and pepper to taste.
5. Spread half of the mixture in an even layer in the casserole dish. Next, spread half of the cabbage mixture on top. Then, pour half of the pureed tomatoes over everything. Repeat the layers and sprinkle with salt and pepper.
6. Bake until the casserole is hot and bubbly, about 30 minutes.

Adopted from Good and Cheap: Eat Well on \$4/Day (by Leanne Brown)

FARMER HIGHLIGHT



Boistfort Valley Farm, Inc. Curtis, WA

Heidi and Mike of Boistfort Valley Farm have been farming organically in some capacity or other for most of their adult lives. They share a love of great food and of growing things, of tidy rows and Autumn afternoons. They grow certified organic strawberries, raspberries, and blackberries, as well as sweet corn and veggies, on their farm in Curtis, Washington.

Their farm goals are to provide you with the best certified organic berries around, while building soils, growing healthy food, and maintaining habitat for wildlife.

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

Black Diamond

Blackberries

Jones Farm
Ridgefield, WA



Store unwashed in original container and place in the crisper drawer of the fridge

Can be eaten raw or used in cakes, muffins, bars, cake, or cobbler

Arugula

Root Cellar Farm
Onalaska, WA

Store in the bag in the crisper drawer of the fridge

Can be eaten raw, sautéed, or wilted. Add on top of pizza, nachos, sandwiches or wraps

Green Cabbage

Boistfort Valley Farm, Inc.
Curtis, WA

Store in a plastic bag in the crisper drawer of the fridge

Can be sautéed, fried, boiled, roasted, braised, blanched or used as a wrap

Carrots

Last Farm on the Left &
Boistfort Valley Farm, Inc.

Store unwashed in fridge



Roast, sauté, or use in baked goods

Beets

Klickitat Canyon Farm
Lyle, WA

Trim off the greens about two inches above the root and store in the crisper drawer in the fridge.

Roots can be boiled, steamed, or roasted
Greens can be braised or sautéed



Large Box Only

Raspberries

Boistfort Valley Farm, Inc.
Curtis, WA



Store unwashed in original container in the fridge

Can be eaten raw or used in cakes, muffins, bars, cake, or cobbler

Thai Basil

Root Cellar Farm
Onalaska, WA

Wrap in dry paper towels and place in a plastic bag

Can be eaten raw or added to salads or to Asia recipes

Gayle's Salad Mix*

*Named for Farmer Dylan's mother who helped harvest this week :)
Round Table Farm
Winlock, WA

Store in the bag in the crisper drawer of the fridge

Use in salads, smoothies, power bowls, on top of pizza

