

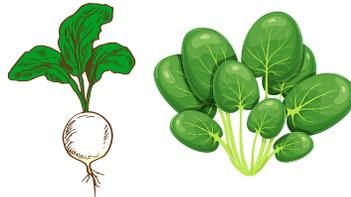


MARKET BOX



FEATURED RECIPE

Spring Stir-Fry with Tatsoi and Turnips



INGREDIENTS

- 1 bunch of salad turnips
- 1 tbsp coconut oil *or other vegetable oil*
- 1 bunch of spring onions *whites and greens, roughly chopped*
- 1 bunch of tatsoi
- 2 tbsp peanut butter
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tsp light vinegar *such as rice wine vinegar, apple cider, or white wine vinegar*
- Sprinkle of red pepper flakes *optional*

INSTRUCTIONS

1. To prepare salad turnips, trim the greens and the little roots from the bulbs of the turnips. Slice thinly.
2. In a very hot wok or large frying pan, melt coconut oil. Add prepped turnips and spring onions. Stir-fry until turnips are tender, about 4 minutes.
3. While turnips and spring onions are cooking, roughly chop the tatsoi leaves and stems. Add to hot pan and cook until stems are tender and greens are just wilted, about 2 minutes. Remove from heat.
4. Toss vegetables in peanut butter, soy sauce, sesame oil, and light vinegar. Add a sprinkle of red pepper flakes for extra spice (optional).
5. Serve over quick-cooking rice noodles or hearty brown rice. For more protein as a main dish, add stir-fried chicken or tofu.

Adopted from Blooming Glen Farm

WELCOME TO MARKET BOX!



We are so excited to start providing you fresh, local produce from some of the best farms around! We hope you find some favorites and discover something new!

In the weekly newsletters you will find information about the produce in your Market Box including the farm, their growing practices, and tips on how to store and prepare each item. We will also include a featured recipe for you to try as well as links to even more recipes using specific produce

Important: In order to reduce waste, your subscription will come in a black shopping basket. This will be your basket for the season! We have two sets of baskets for each customer so you may take this basket home but please remember to return it the following week.

What's In My Market Box?



| Fruit/Veggies | Storage | Preparation | Recipes <small>*w/ Clickable links*</small> |
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| <p>Asparagus Amador Farms Yakima, OR</p> | <p>Place in a jar with water and loosely cover tips with a plastic bag. Store in fridge.</p> | <p>Asparagus can be boiled, steamed, roasted, sautéed, broiled, or pan-roasted.</p> | <p> -Spaghetti -Roasted Asparagus -Caprese Asparagus</p> |
| <p>Hood Strawberries Marquam Hill Farms Silverton, OR</p> | <p>Hoods are one of the best varieties around, but they don't last long, eat them ASAP! Store unwashed on a plate lined a paper towel in the fridge.</p> | <p>Strawberries can be eaten fresh or used in cake, pie, shortcake, and lemonade.</p> | <p>-Strawberry Steak Salad -Strawberry Cake</p> |
| <p>Tatsoi Dilish Farm Vancouver, WA</p> | <p>Wrap in a damp paper towel. Place in a plastic bag in the crisper drawer of the fridge.</p> | <p>Tatsoi can be eaten fresh in a salad or used in soups, stir-frys, or sautéed.</p> | <p>-Sweet Potato Tatsoi Soup -Ru Yi Cai ("As You Wish" Vegetables)</p> |
| <p>Salad Turnips Last Farm on the Left La Center, WA</p> | <p>Store unwashed in the crisper drawer of the fridge.</p> | <p>Salad turnips are most often eaten fresh but they can also be roasted, sautéed, or grilled.</p> | <p>-Farro Salad -Pan-Seared Turnips -Shajam Gosht (curry)</p> |
| <p>Garlic Scapes Quackenbush Farm Eagle Creek, OR</p> | <p>Place in a jar with the cut end down. Store in a cool area.</p> | <p>Garlic scapes can be grilled whole or added to pesto, hummus, or stir-frys.</p> | <p>-How to Cook -Vegan Garlic Scape Pesto</p> |
| <p>Salad Mix Sprout & Blossom Farm Vancouver, WA</p> | <p>Store in the bag in the crisper drawer in the fridge.</p> | <p>Salad mix can be used in salads, smoothies, power bowls, or on top of pizza.</p> | <p></p> |

Large Box Only

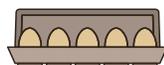
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| <p>Rhubarb Volehalla Farm Ridgefield, OR</p> | <p>Wrap stalks loosely in foil and place in the fridge. Peel off coarse strings before cooking.</p> | <p>Rhubarb can be added to cakes, crisps, and cobblers. Goes great with strawberries!</p> | <p> -Vegan Strawberry Rhubarb Crisp -Chicken w/Rhubarb Sauce</p> |
| <p>Spring Onions Quackenbush Farm Eagle Creek, OR</p> | <p>Store in the crisper drawer of the fridge, sealed well in a plastic bag.</p> | <p>Spring onions can be added to salads or stir-fries. They can also be chopped and used fresh on top of dishes.</p> | <p>-How to Cook -Spring Onion Pancakes</p> |
| <p>Kale Flat Tack Farm Vancouver, WA</p> | <p>Tightly wrap in a paper towel and store in an air-tight bag in the coldest part of the fridge.</p> | <p>Kale can be added to salads, burgers, or green smoothie. They can also be used to make kale chips.</p> | <p>-Lacinato Kale Salad w/River Wave Foods -Creamy Thai Dressing</p> |

● Organic Practices - Not Certified ● Certified Organic ● Conventional

Add-On Subscriptions



Eggs: Reister Ranch



Flower Bouquet: Holley's Flowers



Local Surprise! Sithean Acres Honey **Bread:** Julia's Bakery Sicilian Bread