

MARKET BOX

Vancouver Farmers Market



RECIPE Kohlrabi Fries

INGREDIENTS

- 2.5 lbs kohlrabi 2 *medium to large bulbs*
- 3 tbsp avocado oil *plus more to grease baking sheet*
- 1 tsp garlic powder
- 1 tsp ancho chili powder
- 1 tsp freshly ground black pepper
- 3/4 tsp salt
- Sliced green onion or chives *for garnish, optional*



FARMER HIGHLIGHT



Amador Farms

Yakima, WA

A farm located in Yakima, Washington, growing fruits and vegetables since 2013. Using natural practices without pesticides or chemicals. Currently provide fresh fruits and vegetables for farmers markets in Washington State. We are a family business with 12 employees all from the same family.

Una granja ubicada en el Yakima Washington, cosechando frutas y verduras desde el año 2013. Con prácticas naturales sin pesticidas ni químicos. Actualmente provee frescas frutas y verduras para los mercados de agricultores del estado de Washington. Es un negocio familiar pero cuenta con 12 empleados de la misma familia.

INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Meanwhile, prepare the kohlrabi. If they have stems/leaves attached, remove and discard. Remove the tough end.
3. Carefully cut each kohlrabi in half, remove/discard core (if necessary) and peel. Turn each half down so the large flat portion is on the surface and cut into ½-inch slices. Then cut those slices into fries, about ⅓ to ½-inch thick.
4. Place kohlrabi in a clean tea towel to remove any excess moisture. Then, place in a bowl and toss with avocado oil, garlic powder, ancho chili powder, black pepper and salt, ensuring the kohlrabi fries are well coated with the oil and seasoning.
5. Grease a large baking sheet with a little avocado oil and place fries onto prepared baking sheet and spread them out in a single layer. Bake for about 30 minutes, turning halfway.
6. Transfer kohlrabi fries to a serving dish. Garnish, if desired, with green onion. Enjoy! Yields 4 side servings or 2 larger servings.

Adopted from GirlHeartFood.com

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

● **Nectarines**
Amador Farms
Yakima, WA

Place in a paper bag at room temperature until ripe, then store in the crisper drawer in the fridge.

Can be eaten raw or used in cakes, crisp, or grilled.

○ **Kohlrabi**
Root Cellar Farm
Onalaska, WA



Store in the crisper drawer fridge with the greens removed.

Can be roasted or used in salads, slaw, or fries.

● **Snap Peas**
Boistfort Valley Farm, Inc.
Curtis, WA

Store unwashed peas in a plastic bag in the fridge.

Can be sautéed, roasted, stir-fried or eaten raw.

● **Golden Potatoes**
Amador Farms
Yakima, WA

Store in an open bowl or paper bag in a dark, cool place, away from onions.

Can be roasted or used to make mashed potatoes, hash browns, latkes, and potato salad.

● **Spicy Salad Mix**
Microgreens
Barking Dog Farms
Brush Prairie, WA

Store in the container in the crisper drawer in the fridge.

Put on top of salads, sandwiches, stir fry, etc.



Large Box Only

● **Rainier Cherries**
Amador Farms
Yakima, WA

Store unwashed and uncovered in the fridge.

Can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce.

● **Rosemary**
Flat Tack Farm
Vancouver, WA

Wrap in dry paper towels and place in a plastic bag.

Can be added to potatoes, chicken, carrots, or bread.

● **Kale**
Volehalla Farm
Ridgefield, WA



Tightly wrap in a paper towel and place in an air-tight bag in the coldest part of the fridge.

Can be used in salads, burgers, or green smoothie.
Can also be used to make kale chips.