



MARKET BOX



FEATURED RECIPE

Kale Salad with Strawberry Balsamic Dressing



INGREDIENTS

Kale Salad

- 1 Bunch Kale
- 1 Tbsp Olive Oil
- 1 Tsp Lemon Juice
- 1 Pinch Salt
- 2 Cups Strawberries *Diced*
- Spring Onion *Diced*
- 1 Avocado *Diced*
- ½ Cup Pecans *Crushed*
- Fresh Basil for Garnish *optional*

Strawberry Balsamic Dressing

- 1 Cup Strawberries *Diced*
- 2 Tbsp Olive Oil
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Fresh Basil or 1 *tsp dried*
- ¼ Tsp Salt

INSTRUCTIONS

1. Cut or tear your kale off of the stems and chop into bit sized pieces. The stem can be discarded or saved with other vegetable scraps for homemade stock.
2. In a large bowl add the kale, 1 tablespoon of olive oil, lemon juice, and salt. Using your hands gently massage the kale for about a minute. This will help to soften the leaves. Set aside.
3. Prepare the strawberries, spring onion, and avocado. Add the red onion, avocado, and 2 cups of the diced strawberries to the kale.
4. In a blender or food processor add all of the ingredients for the dressing. Blend until smooth and no chunks remain, about 1 minute. Add more oil if a thinner consistency is desired at this point.
5. Toss the salad, dress, and serve immediately.

Adopted from The Simple Supper

FARMER HIGHLIGHT



Boistfort Valley Farm

Curtis, WA

Heidi and Mike of Boistfort Valley Farm have been farming organically, in some capacity, for most of their adult lives. They share a love of great food, of growing things, of tidy rows, and of 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	Recipes <small>*w/ clickable links*</small>
Strawberries Boistfort Valley Farm Curtis, WA 	Store unwashed on a plate lined a paper towel in the fridge. <u>Wash when ready to eat.</u>	Strawberries can be eaten fresh or used in cake, pie, shortcake, and lemonade.	-Strawberry Steak Salad -Strawberry Cake
Trio Blend Salad Mix R Market Gardens Vancouver, 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.	
Kale Sprout & Blossom Farm Vancouver, WA 	Tightly wrap in a paper towel and store in an air-tight bag in the coldest part of the fridge.	Kale can be added to salads, burgers, or green smoothie. They can also be used to make kale chips.	-Lacinato Kale Salad w/River Wave Foods Creamy Thai Dressing -Kale Chips
Zucchini Quackenbush Farm Eagle Creek, OR 	Store whole, dry, and unwashed in a plastic bag in the crisper drawer of the fridge.	Zucchini can be roasted, sauteed, baked, or made into zucchini noodles	-Mediterranean Zoodles -Zucchini Tots -Zucchini Bread
Spring Onions Quackenbush Farm Eagle Creek, OR 	Store in the crisper drawer of the fridge, sealed well in a plastic bag.	Spring Onions can be added to salads, vinaigrettes, or stir-fries.	-How to Cook -Spring Onion Pancake

Large Box Only

Lemon Balm Dilish Farm Vancouver, WA 	Place the stems into cool water and place a plastic bag loosely over the top into the fridge.	Lemon balm has many medicinal uses and can be added to pesto, tea, butter, tea, or made into a simple syrup.	-Dilish Farm Lemon Balm Cookies *See attachment* -Oven Roasted Potatoes w/Lemon Balm
Rainier Cherries Amador Farms Yakima, WA 	Store unwashed and uncovered in the fridge.	Cherries can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce.	-Pickled Rainier Cherries -Rainier Cherry Clafoutis with Amaretto
Green Garlic Last Farm on the Left La Center, WA 	Wrap in a damp paper towel and store in a plastic bag in the fridge.	Substitute green garlic in recipes for garlic, onions, scallions or leeks.	-What is green garlic? -How to Cook -Spaghetti w/Green Garlic

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

Eggs: Star & Sparrow Farm  **Flower Bouquet:** Holley's Flowers

Local Surprise! Fink's Fermented Foods Dill & Garlic Pickles 

Bread: Julia's Bakery German Farmers Bread

Meat: Misty Frog Acres Chicken, Windy River Livestock Beef, WaddleWoods Farm



Pork, and Reister Ranch Lamb

(Additional info on cuts included in Meat Subscription)