

MARKET BOX

Vancouver Farmers Market



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 your weekly newsletter 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 fun recipe for you to try using some of the produce in your box!

Remember: Curbside pickups take place on Sundays from 10am-2pm at the Historic Slocum House (605 Esther Street, Vancouver WA 98660). There are six parallel parking spaces reserved on the corner of 6th and Esther Streets, in front of the house, before the roundabout. When you arrive, call 360-737-8298 and we will bring out your order.

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.

See you Sunday!

FARMER HIGHLIGHT



Volehalla Farm *Ridgefield, WA*

Volehalla Farm grows crops with a simple credo: No pesticide or herbicide; lots of compost and cover crops; minimal time from harvest to market; value for money. Thanks to our fortuitous location near the Columbia River in southwest Ridgefield, we have been able to live by these rules. Our specialties are asparagus in spring, melons in summer, and squash in autumn. Never a dull moment!

What's In My Market Box?



Fruit/Veg	Farm	Storage	Preparation
 <p>Asparagus</p>	<p>Amador Farms Yakima, WA</p>	<p>Place in a jar with water and loosely cover tips with a plastic bag. Store in fridge.</p>	<p>Can be boiled, steamed, roasted, sautéed, broiled, or pan-roasted.</p>
<p>Beets</p>	<p>Last Farm on Left La Center, WA</p>	<p>Trim off the greens about two inches above the root and store in the crisper drawer in the fridge.</p>	<p>Roots can be boiled, steamed, or roasted. Greens can be braised or sautéed.</p> 
<p>Asian Blend Salad Mix</p>	<p>Round Table Farm Winlock, WA</p>	<p>Store in a container lined with paper towels in the crisper drawer in the fridge.</p>	<p>Can be used in salads, smoothies, power bowls, or on top of pizza.</p> 
 <p>Strawberries</p>	<p>Boistfort Valley Farm Curtis, WA</p>	<p>Store unwashed on a plate lined with paper towels in the fridge.</p>	<p>Can be eaten fresh or used in cake, pie, shortcake, and lemonade.</p>
<p>Mix of Snap & Snow Peas</p>	<p>Volehalla Farm Ridgefield, WA</p>	<p>Store unwashed peas in a plastic bag in the fridge.</p>	<p>Can be sautéed, roasted, stir-fried or eaten raw.</p>
<p>Garlic Scapes</p>	<p>Root Cellar Farm Onalaska, WA</p>	 <p>Place in a jar about halfway with water with the cut end down. Store in a cool spot.</p>	<p>Can be grilled whole, used to make pesto or added to hummus, fried rice, or stir-fries.</p>

What's In My Market Box?



Large Box Only

Fruit/Veg

Farm

Storage

Preparation

Parsley

Last Farm on the Left
La Center, WA

Wash and wrap in paper towel. Seal in a plastic bag in the fridge.

Can be used in chimichurri or pesto sauce

Apples

Amador Farms
Yakima, WA

Store in the crisper drawer without any other produce in the fridge.

Can be eaten fresh or used to make applesauce or in crisps, oatmeal, and salad.

Lacinato kale

Root Cellar Farm
Onalaska, 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.

RECIPE

INGREDIENTS

SALAD

- 1/2 cup walnuts
- 4 cup salad mix, *loosely packed*
- 2 cup roasted beets *skin removed and large dice*
- 2 cup apple *large dice*
- 1/4 cup blue or goat cheese *crumbled*

DRESSING

- 4 tbs extra virgin olive oil
- 2 tbs apple cider vinegar
- 3 tsp maple syrup
- pinch fine sea salt
- 1/2 tsp dijon mustard (*optional*)

Beet and Apple Salad with Apple Cider Vinaigrette



INSTRUCTIONS

For the Salad:

1. Toast the walnuts in a preheated 400F oven for 8-9 minutes. Set aside to cool. Rough chop once cool.
2. To assemble the salad, arrange the greens first, then layer the beets, apples, cheese, then the cooled nuts. Drizzle the dressing over the salad, to taste, add a few fresh pepper grinds, then serve right away.

For the Dressing:

1. Into a jar with a tight-fitting lid add the extra virgin olive oil, apple cider vinegar, maple syrup, a pinch of salt, and dijon mustard, if using. Shake vigorously to create an emulsion.

Adopted from Vanilla and Bean