



PRODUCE RX



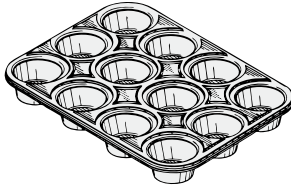
FEATURED RECIPE

Savory Sausage & Herb Muffins w/ a Crisp Garden Salad and Raspberry-Apple Dressing

INGREDIENTS

Savory Muffins:

- ½ lb breakfast sausage
- 1 small apple, *grated*
- 1 cup salad mix, *chopped*
- 2 garlic scapes, *finely chopped*
- 1 cup flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tbsp fresh oregano, *minced*
- 2 eggs
- ¼ cup olive oil
- ¼ cup plain or dairy free yogurt



Salad:

- ½ head lettuce, *chopped*
- 1 cup salad mix
- ½ cup snap peas, *halved*
- ½ cucumber, *thinly sliced*
- ½ apple, *thinly sliced*
- ½ cup fresh raspberries

Dressing:

- ¼ cup olive oil
- 2 tbsp vinegar or lemon juice
- 1 tbsp raspberries, *mashed*
- 1 tbsp garlic scapes, *finely chopped*
- 1 tsp honey or maple syrup
- Salt and pepper to taste

INSTRUCTIONS

Wash Hands & Prep Ingredients:

1. Wash hands with soap and water before handling food, especially raw meat.
2. Wash produce by running under cool water. Pat dry with a paper towel.

Preheat Oven:

1. Preheat Oven to 375°F. Grease or line muffin tin.

Cook Sausage:

1. In a skillet over medium heat cook sausage until browned about 7-8 minutes or until internal temp reaches 160°F. Drain excess fat if needed. Add garlic scapes and cook 1 more minute. Let cool slightly.

Mix Muffin Ingredients:

1. In a large bowl, whisk together flour, baking powder, baking soda, salt, and oregano. Make a well in the center and add eggs, oil, yogurt, grated apple, salad mix, and cooked sausage. Stir until just combined.

Scoop into Muffin Tin:

1. Scoop batter into greased or lined tins, bake muffins for 18–22 minutes, or until tops are golden and a toothpick comes out clean. Cool slightly before serving.

Prepare Salad:

1. In a large bowl, gently combine chopped lettuce, salad mix, sliced apple, cucumber, snap peas, and raspberries.

Make Dressing:

1. In a small bowl, whisk together olive oil, vinegar or lemon juice, mashed raspberries, finely chopped garlic scapes, honey (or maple syrup), salt, and pepper until well combined.
2. Drizzle the dressing over the salad just before serving. Toss gently to coat all ingredients evenly.

Serving Suggestions:

- Serve muffins warm alongside a generous helping of dressed garden salad.
- Before or after baking, sprinkle muffins with your favorite cheese for extra richness.
- For a quick grab and go snack, individually wrap extra muffins and freeze up to 3 months. Reheat in microwave 30–45 sec. or in oven at 325°F for 10 min.



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What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Head Lettuce Harvest Moon Farm Ridgefield, WA	Wrap in a damp paper towel and store in the fridge in a plastic bag. Will store for about a week.	Lettuce can be used in a salad, or grilled or sauteed.	Mexican Layered Salad Tropical Chicken Salad Fresh Spring Rolls Lettuce Pancakes
Raspberries Marquam Hill Berries Silverton, OR	Store unwashed in a single layer in a breathable container in the fridge.	Raspberries can be eaten fresh, blended into smoothies, sprinkled on yogurt, or baked into muffins and crisps.	Baked Chicken w/Raspberry Sauce Raspberry Overnight Oats Pancakes w/Raspberry
Garlic Scapes Flat Tack Farm Vancouver, WA	Store in a plastic bag in the crisper drawer of the fridge.	Garlic scapes can be grilled whole or added to pesto, hummus, fried rice, or stir-frys.	Grilled Chicken Potatoes & Garlic Scapes Tempura Garlic Scapes Garlic Scape Pesto
Oregano Dilish Farm Vancouver, WA	Store in a bag with a slightly damp paper towel in the fridge.	Oregano can be added to pizzas, sauces, baked goods, marinades, and stuffings.	Oregano Herb Salt Oregano Balsamic Pasta Salad Oregano Brussel Sprouts
Apples Amador Farm Yakima, WA	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel. Can store 3-6 weeks	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	Apple Cheddar Soup Caramelized Apples & Onions Apple Grilled Cheese
Cucumber Quackenbush Farm Eaglecreek, OR	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Cucumbers can be sliced raw into salads, pickled, blended into soups, or added to drinks.	Crisp Cucumber Salsa Greek Salad Ginger Salmon w/Cucumber Lime Sauce
Salad Mix Quackenbush Farm Eaglecreek, OR	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.	Spring Greens Quiche Grilled Pizza w/ Greens & Tomatoes Layered Picnic Loaves
Snap Peas Heidi's Fancy Goods Amboy, WA	Store in the crisper drawer of the fridge.	Snap peas can be eaten raw, quickly steamed, stir-fried, or added to salads and noodle dishes.	Snap Pea & Carrot Soup Lemony Bean & Snap Pea Salad Chicken & Snap Peas
Breakfast Sausage Windy River Livestock Washougal, WA	Store in the coldest part of the fridge and use by the date on the package, or freeze for longer storage.	Breakfast sausage can be pan-fried, baked, crumbled into scrambles, or added to casseroles.	Breakfast Sausage Quesadilla Sausage Cheddar Muffins Potato & Sausage Skillet



Organic Practices - Not Certified



Certified Organic



Conventional

PRODUCE HIGHLIGHT

GARLIC SCAPES



Garlic scapes are the tender, curly green shoots that grow from the tops of garlic bulbs. They have a mild garlic flavor with a hint of sweetness and a fresh, grassy aroma. Unlike garlic cloves, scapes are harvested while young and flexible, making them ideal for cooking whole or chopped.

These flavorful greens can be used much like green onions or herbs. Garlic scapes are delicious sautéed, grilled, blended into pesto, stirred into eggs, tossed with roasted vegetables, or added to salad dressings for a garlicky punch. To store, wrap garlic scapes in a damp paper towel and keep them in a loosely sealed bag in the crisper drawer of your fridge. They stay fresh for about a week. You can also freeze chopped scapes for later use in sauces, stir-fries, or soups.