



MARKET BOX



FEATURED RECIPE

Chipotle Roasted Delicata Squash

INGREDIENTS

- 3 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 1.5 tbsp pure maple syrup
- 1 chipotle pepper canned in adobo *very finely chopped*
- 1 tablespoon adobo sauce from the chipotle can
- 1/4 tsp garlic powder
- 3/4 tsp salt *divided*
- 2 delicata squashes
- 2 oz feta cheese *crumbled (omit if vegan)*
- 2 whole scallions *very thinly sliced*
- 1/3 cup fresh cilantro leaves *finely chopped*
- 1/4 cup pomegranate seeds or arils

INSTRUCTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment for easy cleanup.
2. Slice the ends off of the delicata squash, then slice each squash in half lengthwise. Using a spoon, remove the seeds from each squash half, then slice the squash into 1/2-inch thick half moons. Transfer the squash to the prepared baking sheet.
3. To make the dressing, in a medium bowl, whisk together the olive oil, vinegar, maple syrup, chipotle pepper, adobo sauce, garlic powder and 1/4 teaspoon of kosher salt.
4. Drizzle half of the dressing over the squash. Season the squash with the remaining 1/2 teaspoon of kosher salt and toss to combine. Arrange the squash in an even layer.
5. Roast the squash on the middle oven rack for 15-20 minutes until tender and browned on the undersides. Broil the pan to for 2-4 minutes until lightly browned on top.
6. Transfer the squash to a serving plate and drizzle with half of the remaining dressing. Top with goat cheese, scallions, cilantro, and pomegranate arils and drizzle with the remaining dressing. Serve immediately.

Adapted from [Domesticate Me](#)

VEGGIE HIGHLIGHT



Delicata Squash

Delicata squash is a winter squash that doesn't get enough attention! It is small and cooks quickly. You also do not need to peel it. When roasted, the skin is tender and squash gets creamy and sweet. It most closely resembles sweet potatoes!







The squash can be seasoned with sweet and savory spices. You can toss it in curry powder, butter, cumin, and with chimichurri sauce. You can also sprinkle it with cinnamon, brown sugar, or drizzled with maple syrup.

Delicata squash is high in fiber and can decrease your risk of obesity, diabetes, and heart disease. It also has a lot of potassium!




FUN FACT: The delicata squash is also known as a peanut squash, Bohemian squash, or sweet potato squash.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<p>Scallions Flat Tack Farm Vancouver, WA</p> 	Store in the crisper drawer of the fridge.	Scallions can be added to salads, vinaigrettes, or stir-fries. They can also be used fresh on top of dishes.	<ul style="list-style-type: none"> -Pork Stir Fry w/Scallions -Freeze Scallions -Scallions Cakes
<p>Braising Greens Sprout & Blossom Farm Vancouver, WA</p> 	Store in a plastic bag in the fridge.	Braising greens are great when they are cooked slowly with oil and moisture in a tightly sealed pot.	<ul style="list-style-type: none"> -Braised Greens w/Golden Raisins + Maple -Garlic + Parmesan Braised Greens
<p>Delicata Squash Volehalla Farm Ridgefield, WA</p> 	Do not refrigerate. Place in a cool and dry place for up to 3 months.	Delicata squash can be roasted whole or in slices. Do not peel the skin but be sure to remove the seeds and stringy flesh.	<ul style="list-style-type: none"> -Chicken + Delicata Squash Curry -Roasted Stuffed Delicata Squash -Delicata Squash Soup
<p>Cilantro Volehalla Farm Ridgefield, WA</p> 	Wrap unwashed cilantro in a paper towel, and place in a plastic bag. Store in the fridge.	Cilantro can be used to make dressings and sauces. It is also great to pair with a lot of vegetables and proteins.	<ul style="list-style-type: none"> -Flank Steak w/Chimichurri Sauce -Cilantro Lime Dressing -Mint Cilantro Chutney
<p>Blondie or Lemon Cucumbers Heidi's Fancy Goods Amboy, WA</p> 	Store in the fridge wrapped in a dry paper towel in a loosely closed plastic bag.	Lemon cucumbers can be eaten raw or pickled. Substitute in any slicing cucumber dish!	<ul style="list-style-type: none"> -Lemon Cucumber Pickles -Indian Dosa Avakai
<p>Concord Grapes Dilish Farm Vancouver, WA</p> 	Store unwashed in the crisper drawer in the fridge in a plastic bag. Do not tie bag closed, leave open for air flow.	Concord grapes can be enjoyed raw or made into jam, sorbet, and baked goods.	<ul style="list-style-type: none"> -Grape Sorbet -Grape Cornbread w/Rosemary Cream -Grape Gummies

Large Box Only

<p>Fall Leeks Quackenbush Farm Eagle Creek, OR</p> 	Wrap in a plastic bag in the crisper drawer of the fridge.	Leeks add sweet, oniony flavor to soups, stews, and pastas. Use white and light green parts only!	<ul style="list-style-type: none"> -Stir-Fried Beef w/Leeks -Buttered Sautéed Leeks -Sri Lankan Potatoes + Leeks Curry
<p>Nates Carrots Quackenbush Farm Eagle Creek, OR</p> 	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	<ul style="list-style-type: none"> -Roasted Brown Butter Honey Garlic Carrots -Vegan Carrot Cake -Gajar Halwa
<p>Head Lettuce Quackenbush Farm Eagle Creek, OR</p> 	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	<ul style="list-style-type: none"> -Seared Steak Lettuce Cups -Vietnamese Spring Rolls

● Organic Practices - Not Certified
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