



MARKET BOX



FEATURED RECIPE

Beet, Carrot, Fava Bean & Microgreen Salad



INGREDIENTS

- 10 fava bean pods *beans removed*
- 1 medium beet *trimmed but not peeled*
- 4 cups arugula or salad greens
- 1/2 cup of microgreens
- 2-3 carrots
- 1 tablespoon balsamic vinegar
- 2 teaspoons sherry vinegar, red wine vinegar or lemon juice
- 3/4 teaspoon Dijon mustard
- kosher salt *to taste*
- black pepper *to taste*
- 3 tablespoons olive oil
- shaved Parmigiano Reggiano *optional*

INSTRUCTIONS

1. Bring 6 cups of salted water to a boil in a deep saucepan and fill a small bowl with ice water.
2. Blanch the fava beans for 2-3 mins before removing with a slotted spoon and dropping immediately into ice water. After a few mins, drain and remove and discard the outer skins.
3. Keep the salted water at a boil and drop the beet in whole. Boil gently for about 30-35 minutes or until tender when pierced with a paring knife. Drain and let cool.
4. Meanwhile, wash and dry arugula or greens, and add to a large bowl.
5. To make the dressing: whisk the vinegars and mustard together in a small bowl, seasoning with salt and pepper. Add the olive oil, whisking continuously and set aside.
6. When the beet is tender, place it on a cutting board, let cool, and peel its outer skin with a paring knife. Only the very thin outer layer needs to be removed, and it will come off easily. Cut into 1/2-inch cubes.
7. Thinly slice or grate carrots.
8. Add beets, fava beans, and carrots to the arugula or salad greens.
9. Top with micro greens, dress with the vinaigrette, and add Parmigiano shavings if desired.

Adopted from Good Food Stories

VEGGIE HIGHLIGHT



Fava Beans

Fava beans, also known as broad beans, are a springtime crop that is grown and eaten around the world in Mediterranean and Middle Eastern cuisines.

Fresh favas can be eaten raw, cooked, or dried for use later, and the versatile bean can be used for salads, stews, sauces, fillings, and snacks.

Fava beans have a sweet, buttery, and nutty taste with a trace of light bitterness when cooked. Many describe the bean as tasting like spring, with a lightly sweet vegetal flavor. When cooking, make sure to remove the beans from their pod and remove the outer waxy layer on each bean.

FUN FACT: Fava beans are one of the oldest known cultivated plants and were eaten by the ancient Greeks, Romans, and settlers of the eastern Mediterranean.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
Microgreens Cascade Sprouts Vancouver, WA	Store in the container in the crisper drawer of the fridge.	Microgreens can be eaten fresh and put on top of salads, sandwiches, stir fry, etc.	-Carrot Risotto w/Salad -Microgreen Salad w/Chickpea Croutons
Fava Beans Volehalla Farm Ridgefield, WA	Store in the bag in the crisper drawer in the fridge.	To prepare the fava beans, remove the shells. Then blanch and chill the beans to remove their skins. The beans can be sautéed or added to hummus, lentil soup or used in a Greek salad.	-How to Cook -Herbed Beans w/Pasta -Egyptian Ful Mudammas
Beets Flat Tack Farm Vancouver, WA	Trim off the greens two inches above the root and store in the crisper drawer of the fridge.	Beet roots can be boiled, steamed, or roasted. Greens can be braised or sautéed.	-How to Cook -Beetroot Brownies -Ukrainian Borscht -Sautéed Beet Greens
Raspberries Boistfort Valley Farm Curtis, OR	Store unwashed in the fridge.	Raspberries can be eaten raw or used in cakes, muffins, bars, cakes, or cobblers.	-Beef Tenderloin w/Chimichurri -Vegan Raspberry Cheesecake
Carrots Quackenbush Farm Eagle Creek, OR	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	-Roasted Brown Butter Honey Garlic Carrots -Indian Gajar Halwa

Large Box Only

Rosemary Flat Tack Farm Vancouver, WA	Wrap in dry paper towels and place in a plastic bag.	Rosemary can be added to potatoes, chicken, carrots, or bread.	-Rosemary Roasted Carrots -Rosemary Apricot Sorbet
Apricots Amador Farms Yakima, WA	Store at room temperature until ripe, then store in the fridge.	Apricots can be eaten fresh or added to crisps, cobblers, bars, crumbles, or cakes	-Apricot Couscous -Apricot Crisp -Apricot Chutney
Swiss Chard Last Farm on the Left La Center, WA	Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper drawer of the fridge.	Swiss chard can be added to salads, soups, pasta, or quinces. It can also be sautéed.	-Sautéed Swiss Chard -Creamed Chard w/Bacon -Shakshuka With Chard

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

Add-On Subscriptions

Eggs: Edible Acres



Flower Bouquet: Holley's Flowers



Local Surprise! Cranberry Kitchen Superfruit Trio

Bread: Julia's Bakery Pita Bread

