



FEATURED RECIPE

Crispy Falafel Salad Bowls with Herbed Yogurt Sauce

INGREDIENTS

Falafel:

- 1 can chickpeas, *drained and rinsed*
- 2 garlic/scallion scapes, *chopped*
- 2 tbsp fresh dill, *chopped*
- 2 tsp dried herb mix
- 2 tbsp flour or chickpea flour
- 1 tsp ground cumin
- 1 tsp salt
- ½ tsp black pepper
- Olive Oil

Herbed Yogurt

- 1 cup plain yogurt (*reg. or vegan*)
- 2 garlic/scallion scapes, *finely minced*
- 2 tbsp fresh dill, *chopped*
- ½ cup cucumber, *grated*
- 1 tbsp lemon juice
- Salt and pepper to taste

Salad:

- 2 cups lettuce, *chopped*
- 1 cup snap peas, *halved*
- 1 medium cucumber, *sliced*
- Arugula flowers (*for garnish*)
- Olive oil, lemon juice, salt & pepper to taste



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for inspiration to view past newsletters
and recipe links.

INSTRUCTIONS

Make the Falafel:

1. In a blender or bowl, mash chickpeas until mostly smooth but still a bit chunky.
2. Add minced garlic or scallion scapes, dill, dried herbs, flour, cumin, salt, and pepper. Mix well until mixture holds together but isn't too wet. Add a little more flour if needed.
3. Shape mixture into small balls or patties, about 1.5 inches wide. Place them on a parchment-lined baking sheet or wire rack.
4. Brush or spray the falafel lightly with olive oil on all sides. Bake in a preheated oven at 400°F for 20–25 minutes. Flip halfway through. They should be golden and crispy on the outside.

Make Herbed Yogurt Sauce:

1. In a bowl, mix yogurt, minced garlic or scallion scape, chopped dill, grated cucumber, lemon juice, salt, and pepper. Stir well and place in fridge until ready to serve.

Prepare Salad:

1. In a bowl, toss chopped lettuce, cucumbers and snap peas with a drizzle of olive oil, a squeeze of lemon juice, salt and pepper.

Assemble Bowls:

1. Place salad into bowls. Add 3–4 baked falafel balls on top. Drizzle with herbed yogurt sauce.
2. Garnish with arugula flowers.

Serving Suggestions:

- Serve falafel and salad over warm quinoa, rice, or couscous for a heartier meal.
- Add thinly sliced radishes, grated carrots, cherry tomatoes, or pickled onions for extra color and crunch.
- Tuck falafel and veggies into warm pita or tortilla with a smear of yogurt sauce for an easy wrap.

What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes *w/ clickable links*
Head Lettuce Harvest Moon Farm Ridgefield, WA	Store in an airtight container in the fridge	Lettuce can be used in a salad, or grilled or sauteed.	Caesar Salad in Parmesan Cups Chicken Tostadas Lettuce Cups w/Red Lentils Vietnamese Noodle Salad
Fresh Dill Volehalla Farm Ridgefield, WA	Place in a jar filled with an inch of water and loosely cover the leaves with an upside bag. Store in the fridge.	Dill can be added fresh to pickles, dips, potatoes, salads, pastas or stir-frys.	Ukrainian Dill Potatoes Creamy Dill Tortellini Best Ever Dill Dip Polish Dill Pickle Soup
Garlic/Scallion Scapes Flat Tack Farm Vancouver, WA	Store in a plastic bag in the crisper drawer of the fridge.	Garlic/Scallion scapes can be used like green onions, grilled whole or added to pesto, hummus, fried rice, or stirfry.	Pickled Garlic Scapes Garlic Scape Soup Garlic Scape Hummus Garlic Scape, Zucchini Fritters
Snap Peas Heidi's Fancy Goods Amboy, WA	Store unwashed in the crisper drawer of the fridge in a loosely closed bag.	Snap peas can be eaten raw, quickly steamed, stir-fried, or added to salads and noodle dishes.	Ravioli w/Snap Peas & Mushrooms Barley, Garlic & Snap Pea Salad Chicken, Snap Pea Stir Fry
Rainier Cherries Amador Farm Yakima, WA	Store unwashed in the fridge in a breathable container or loosely closed bag.	Cherries can be eaten fresh, pitted and added to salads, simmered into sauces, or baked into desserts.	Rainier Cherry Jam Cherry Cheese Crostini Chicken, Cherry Salad Summer Fruit Crisp Cherry Lemonade
Cucumbers 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.	Cucumber Dill Salad Salt & Vinigar Cucumbers Cucumber Soup Cucumber Pineapple Smoothie
Edible Arugula Flowers Dilish Farm Vancouver, WA	Store arugula flowers unwashed in a loosely sealed container in the fridge. Use within 2-3 days for the best flavor and freshness.	Edible Flowers can add color, beauty, and subtle flavor to dishes, often used to decorate baked goods and salads.	Bacon, Arugula Flower Potato Salad Arugula Flower Soup Goats Cheese with Edible Flowers
Dried Herb Mix Dilish Farm Vancouver, WA	Store in an airtight container in the pantry.	Dried Herbs can be used to flavor meat, fish and vegetable dishes as well as being used to enhance salads, pickles and soups.	Herbed Rice Mini Herbed Turkey Sausage Rolls Garlic Herb Roasted Veggies

● Organic Practices - Not Certified

● Certified Organic

● Conventional

PRODUCE HIGHLIGHT:

ARUGULA FLOWERS



Arugula flowers are the delicate, edible blossoms that grow from arugula plants once they start to bolt. These small white or pale yellow flowers have pretty dark veins and carry a subtle peppery flavor—like arugula, but gentler and slightly sweet.

They're not just beautiful—they're flavorful too. Arugula flowers can be sprinkled onto salads, grain bowls, toasts, and eggs. They also make a lovely garnish for soups, pizzas, or cheese plates. Their soft bite adds a pop of interest without overpowering other ingredients.

Try them with cucumbers, lemon, soft cheeses, herbs like dill or mint, or anything creamy like yogurt dressings or hummus.