

MARKET BOX

Vancouver Farmers Market



RECIPE **Marinated Cukamelon Salad**

INGREDIENTS

- 1 1/2 cup cukamelons
- 1 1/2 cup cherry tomatoes
- 1 medium-sized orange sweet pepper
- 1 medium-sized yellow sweet pepper
- 8 oz fresh mozzarella cheese (*optional*)
- 1/3 cup seasoned rice vinegar
- 1 tbs basil, parsley, or other fresh herbs, chopped
- 2 tbs olive oil
- Salt and pepper to taste
- Desired amount of salad greens



INSTRUCTIONS

1. Cut the cukamelons lengthwise to allow the most surface exposure. This gives the best flavor since the dressing and spices can really penetrate the surface area of the fruit.
2. Cut cherry tomatoes in half and dice peppers.
3. Toss cukamelons, tomatoes, peppers and herbs with rice vinegar.
4. Cover and refrigerate 1 hour.
5. (*Optional*) Cut mozzarella ball into small pieces about the same size as the tomato halves.
6. Arrange salad leaves on individual serving plates.
7. Once chilled, drizzle the olive oil over the salad and toss to coat. Add mozzarella (*optional*) and toss gently. Sprinkle with salt and pepper.
8. Serve while still cold.

Adopted from Feathers in the Woods

FARMER HIGHLIGHT



Sprout & Blossom Farm

Vancouver, WA

Sprout & Blossom was started by Lyndsay in 2017. When the farm was first started it was nothing but an idea and big plot of grassy land. Over the four seasons of farming land leased on Vancouver Lake, Lyndsay was able to expand the cultivated area to an acre of veggies, flowers, herbs and natives.

Sprout & Blossom Farm has now moved to Heathen Estate to join Flat Tack Farm in a new co-op farming model.

Lyndsay believes that small scale farming is the future and one of the ways that we can combat the major climate and social issues revolving around Industrial Agriculture.

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

Celery

Root Cellar Farm
Onalaska, WA

Wrap in a dry towel and place in a plastic bag and store in the crisper drawer of the fridge

Can be cooked in a soup or stir fry or used fresh in salads



Cukamelons

Flat Tack + Sprout & Blossom Farm
Vancouver, WA

Keep in a paper bag in the crisper drawer of the the fridge

Can be eaten raw or pickled, or added to salsas, salads and cocktails.

Brunch Blend Salad Mix

Round Table Farm
Winlock, WA

Store in the bag in the crisper drawer in the fridge.

Use in salads, smoothies, power bowls, sandwiches, or on top of pizza

Donut Peaches

Amador Farms
Yakima, WA

Place in a paper bag at room temperature until ripe, then store in the crisper drawer in the fridge

Can be eaten raw or used in cakes, crisp, or grilled

Chocolate Cherry Tomatoes

Volehalla Farm
Ridgefield, WA

Store at room temperature on counter

Can be eaten fresh or used to make salsa, sauce, gazpacho, or soup



Large Box Only

Green Onions

Last Farm on the Left
La Center, WA

Store in the crisper drawer of the fridge, sealed well in a plastic bag

Can be added to salads, vinaigrettes, or stir-fries or shop and use fresh on top of dish

Cucumbers

Root Cellar Farm
Onalaska, WA

Store unwashed in the crisper drawer of the fridge in a loosely closed bag

Can be eaten raw and used in salads or drinks
Can also be pickled!



Zucchini & Scallop Squash

Volehalla Farm
Ridgefield, WA

Store whole, dry and unwashed in a bag in the refrigerator crisper drawer

Can be roasted, baked, or sautéed or made into zoodles

● Organic Practices-Not Certified ● Certified Organic ● Conventional

Eggs: Finca Farm & Pantry **Flower Bouquet:** Mays Produce & Flowers



Local Surprise: Cranberry Kitchen Superfruit Trio

