



# MARKET BOX



## FEATURED RECIPE

### Melon, Nectarine, Grape, and Plum Fruit Salad

#### INGREDIENTS

- 4 1/2-pound piece of watermelon *scooped into 3/4-inch balls (about 4 cups)*
- 2-pound honeyrock cantaloupe *scooped into 3/4-inch balls*
- 2 1/2-pound honeydew melon *scooped into 3/4-inch (about 3 cups)*
- 2 plums *each cut into 6 wedges*
- 2 nectarines *each cut into 8 wedges*
- 2 cups green seedless grapes
- 1 tbsp sugar
- 1/2 tsp salt
- 3 tbsp fresh lime juice



#### INSTRUCTIONS

1. In a large bowl, combine the watermelon, cantaloupe, honeydew, plums, nectarines, and the grapes.
2. In a small bowl, stir together the sugar, salt, and lime juice until the sugar and salt are dissolved.
3. Drizzle syrup over the fruit, and toss the mixture gently until it is combined well.
4. Chill the salad, covered, stirring gently once or twice, overnight.

*Adopted from Epicurious*

#### FARMER HIGHLIGHT



#### Amador Farms

Yakima, WA

A farm located in Yakima, Washington, growing fruits and vegetables since 2013. Using natural practices without pesticides or chemicals. Currently provide fresh fruits and vegetables for farmers markets in Washington State. We are a family business with 12 employees all from the same family.

Una granja ubicada en el Yakima Washington, cosechando frutas y verduras des el año 2013. Con prácticas naturales sin pesticidas ni químicos. Actualmente provee frescas frutas y verduras para las farmers Markets del estado de Washington. Es un negocio familiar pero cuenta con 12 empleados de la misma familia.

# What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes *w/ clickable links*
<b>Honeyrock Cantaloupe</b> Volehalla Farm Ridgefield, WA	Store whole, uncovered in the fridge.	Cantaloupe can be eaten raw or made into a sorbet, bread, jam, pie, or salad.	-Cantaloupe Sorbet -Cantaloupe & Pancetta Cream for Pasta -Spiced Cantaloupe Loaf
<b>Rainbow Carrots</b> 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 -Gajar Halwa
<b>Red Onions</b> Quackenbush Farm Eagle Creek, WA	Store in a dark, cool, well-ventilated place. Once cut, store in the refrigerator.	Red onions can be pickled or caramelized. They can also be added to salads, burgers or stir-fries.	-Quick Pickled Red Onions -Caramelized Balsamic Red Onion Soup
<b>Italian Sweet Peppers</b> Last Farm on the Left La Center, WA	Store in a plastic bag in the crisper drawer of the fridge.	Sweet peppers can be fried, roasted, sautéed or grilled. They can also be stuffed!	-Fried Sweet Pepper -Stuffed Peppers -Balsamic Roasted Peppers
<b>Collard Greens</b> Dilish Farm Vancouver, WA	Store unwashed in a plastic bag in the fridge.	Collard greens can be braised or fried. They can be used to make Southern-Style Greens.	-Vegan Southern Collard Greens -Southern Collard Greens
<b>Plums</b> Amador Farms Yakima, WA	Store at room temperature until ripe, then refrigerate in a plastic bag.	Plums can be eaten fresh or added to crisps, cobblers, cakes, tortes, and jams.	-Plum Torte -Vegan Plum Almond Cake -Plum Chutney

## \*Large Box Only\*

<b>Bulb Fennel</b> Volehalla Farm Vancouver, WA	Store bulb in the fridge.	The fennel bulb can be roasted, braised, sautéed, or grilled.	-Linguine w/Meat Sauce -How to Cook -Roasted Fennel
<b>Japanese &amp; Italian Eggplant</b> Sprout & Blossom Farm Vancouver, WA	Store in the crisper drawer of the fridge.	Eggplant can be grilled, baked, or fried.	-Miso Glazed Eggplant -Eggplant Parmesan -Vegan Eggplant Gyros
<b>Zucchini</b> Volehalla Farm Ridgefield, WA	Store whole, dry, and unwashed in a plastic bag in the crisper drawer of the fridge.	Zucchini can be roasted, sautéed, baked, or made into zucchini noodles.	-Mediterranean Zucchini Noodles -Zucchini Tots -Zucchini Bread
<b>Lemon Cucumbers</b> Volehalla Farm Ridgefield, WA	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.	-Lemon Cucumber Pickles -Indian Dosa Avakai

● Organic Practices - Not Certified

● Certified Organic

● Conventional



## \*Add-On Subscriptions\*



**Eggs:** Edible Acres    **Flowers:** Holley's Flowers    **Bread:** Julia's Bakery Sicilian Bread  
**Local Surprise!** Autumn Coffee Roasters Whole Bean Coffee