



MARKET BOX



FEATURED RECIPE

Peanut Parsnip Kohlrabi Soup

INGREDIENTS

- 2 Tbsp. Olive oil
- 1 clove garlic *minced*
- 1 inch piece ginger *grated*
- 1 medium onion *finely chopped*
- 1 tsp curry powder
- 1 tsp turmeric powder
- ½ tsp cardamom powder
- ½ tsp cumin
- ½ tsp black pepper
- ¼ tsp chili powder
- 1 tsp sea salt
- ½ medium size kohlrabi *skin removed (~2 cups, chopped into cubes)*
- 2 medium parsnips (~2 cups, *chopped into disks*)
- ½ cup peanut butter
- 4 cups water or veggie broth



INSTRUCTIONS

1. Preheat oven to 350°F.
2. Place chopped parsnips on cookie tray. Drizzle with 1 tbsp olive oil and place in oven for 20-25 minutes or until soft to the touch with a fork.
3. Heat remaining 1 tbsp of olive oil in large pot. Add garlic, onion and ginger. Sauté until lightly browned.
4. Add all spices and continue to sauté for 2-3 minutes.
5. Add veggie broth or water and chopped kohlrabi to the pot. Place lid on pot and let come to a boil.
6. Remove lid once boiling and let simmer for 10-15 minutes or until soft to the touch with a fork.
7. Add oven baked parsnips to pot and continue to simmer for 5 minutes.
8. Add peanut butter. Once peanut butter has melted throughout the soup, remove from heat and let cool enough so you can safely place in blender.
9. Blend until soup becomes smooth and creamy. Once finished, reheat on stove top to serve.
10. Top with chopped radish and fresh herb of choice (cilantro, dill, parsley or thyme are great options).
11. Sprinkle with additional sea salt and pepper for serving.

Adapted from [Meg De Jong Nutrition](#)

VEGGIE HIGHLIGHT



Kohlrabi

Kohlrabi is a funny-looking vegetable that is about the size and shape of an orange, with a bunch of leafy stems sticking out. It has thick skin that can range from pale green to purple, though the inside is always a very pale yellow.

Kohlrabi has the sweetness of broccoli with a bit of the peppery spice of turnips.

To cook the veggie, first peel the thick, tough outer layer. It can then be eaten raw when shaved or shredded in a slaw or salad. It can also be boiled, roasted, or fried. Slices and sticks can be stir-fried, and the whole stem can be hollowed out, stuffed, and baked like stuffed peppers. Kohlrabi greens can be cooked like spinach, or thinly sliced and added raw to salads.

FUN FACT: The kohlrabi is packed with fiber, vitamin C, potassium and even some protein.

What's In My Market Box?



Fruit/Veggies	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<u>Spaghetti Squash</u> Volehalla Farm Ridgefield, WA	Store in a cool and dry place. Will store for about 2 months.	Spaghetti squash can be roasted or steamed to make "spaghetti".	-How to Cook Instant Pot Spaghetti Squash -Spaghetti Squash Cheesy Bread
<u>Kohlrabi</u> Last Farm on the Left La Center, WA	Store in the crisper drawer fridge with the greens removed.	Kohlrabi can be roasted or used in salads, slaws, or fries.	-Kohlrabi Fritters -Kohlrabi Fries -German-Style Kohlrabi
<u>Yellow Onions</u> Last Farm on the Left La Center, WA	Store in a cool and dark place.	Onions can be roasted, grilled, caramelized, pickled, or used in a casserole.	-Sautéed Onions -Beef Onion Stir-Fry
<u>Cucamelons</u> Flat Tack Farm Vancouver, WA	Keep in a paper bag in the crisper drawer of the the fridge.	Cucamelons can be eaten raw or added to salsas, salads and cocktails. They can also be pickled!	-Quick Pickled Cucamelon -Tomato & Cucamelon Salsa -Ponzu-Marinated Cucamelon
<u>Golden Delicious Apples</u> Amador Farms Yakima, WA	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel.	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	-Moroccan Apple Beef Stew -Applesauce -Apple Pie Cinnamon Rolls
<u>Parsnips</u> Volehalla Farm Ridgefield, WA	Store unwashed in the fridge.	Parsnips can be roasted or shaved thin to eat raw.	-Roasted Parsnips -Creamy Parsnip Puree -Confit and Grilled Parsnips w/Herbs & Vinegar

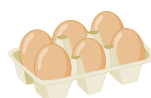
Large Box Only

<u>Edible Flowers</u> Sprout & Blossom Farm Vancouver, WA	Store in an airtight container in the fridge.	Edible flowers can be used as a garnish in salads or on top of most dishes. They can also be frozen in ice cubes.	-Candied Flowers -Spring Salad -Shortbread Cookies -Spring Rolls
<u>Watermelon Radish</u> Sprout & Blossom Farm Vancouver, WA	Store in the crisper drawer of the fridge.	Radishes can be eaten raw, roasted, sautéed, or pickled.	-Garlic Roasted Radishes -Fauxtato Chips -Pickled Daikon & Red Radishes w/Ginger
<u>Zucchini</u> 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

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