

# MARKET BOX

Vancouver Farmers Market



## RECIPE Braised Spring Onions, Fennel and Chard

### INGREDIENTS

- Extra-virgin olive oil
- 2 garlic cloves, smashed
- Pinch crushed red pepper flakes
- 3 small spring onions *julienned*
- 2 small fennel bulbs *thinly sliced on a mandoline*
- 1 bunch rainbow chard *stems cut into 1/2-inch lengths, leaves cut into 1-inch lengths, leaves and stems separated*
- Kosher salt
- 1/2 cup dry white wine
- 1 Meyer lemon *zested and juiced*



### INSTRUCTIONS

1. Coat a large sauté pan with olive oil. Toss in the smashed garlic and red pepper and bring the pan to a medium heat. When the garlic becomes aromatic, remove it.
2. Add the onions, fennel and chard stems, and season with salt, to taste. Stir in the white wine and the lemon zest and juice. Cover and cook over medium heat until the veggies have become soft but still maintain some texture, about 5 to 6 minutes.
3. Remove the lid and cook until most of the liquid has reduced, another 3 to 4 minutes. Toss in the chard leaves, stir to combine and season with salt. When the leaves have wilted, taste and reseason if needed. Transfer to a serving bowl and serve immediately. *Adopted from FoodNetwork.com*

## FARMER HIGHLIGHT



### Last Farm on the Left La Center, WA

Last Farm On The Left was started in 2021 by Maria and Josh Humphrey in La Center, WA on a small 1.6 acre farm. Maria and Josh had been passionate home gardeners and always dreamed of operating their own small farm one day and in 2020 were able to purchase their first farm. They grow vegetables in no-dig garden beds and caterpillar tunnels and raise a small flock of hens. They use natural growing practices and let their animals have plenty of space to roam around and live happy lives. This year they will be focused on producing lots of greens and root vegetables as well as delicious summer crops like tomatoes, peppers, and cucumbers.

# What's In My Market Box?



## Fruit/Veggies

## Storage

## Preparation

### Blueberries

Marquam Hill Berries  
Silverton, Oregon

Store unwashed in the fridge



Can be eaten raw or used in cakes, muffins, bars, cake, or cobbler

### Rainbow Chard

Root Cellar Farm  
Onalaska, WA

Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper section of fridge

Can be added to salads, soups, pasta, or quince. Can also be sauteed

### Spicy Salad Mix

Round Table Farm  
Winlock, WA

Store in the bag in the crisper drawer of the fridge

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

### Spring Onion

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

Barking Dog  
Vancouver, 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!



### Summer Squash

Last Farm on the Left  
La Center, WA

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

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

## \*Large Box Only\*

### Radishes

Amador Farms  
Yakima, WA



Store in the crisper drawer of the fridge

Can be eaten raw, roasted, sautéed, or pickled

### Black Currants

Volehalla Farms  
Ridgefield, WA

Place in a sealed glass container in the fridge  
Can also be frozen for later use

Can be used to make jam, juice, tart, cake, or in savory sauces

### Fennel

Root Cellar Farms  
Onalaska, WA

Trim fronds to two inches above the bulb and wrap loosely in a plastic bag and store in the fridge  
Store bulb in fridge

Bulb can be roasted, braised, sautéed, or grilled and Fronds can be eaten raw in salads