

# MARKET BOX

Vancouver Farmers Market

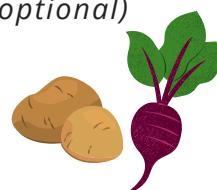


## RECIPE

### Rosemary Roasted Beets, Potatoes, and Peppers

#### INGREDIENTS

- 3 large red beets
- 2 lbs of fingerling potatoes
- 3 to 4 poblano peppers stems, seeds, and ribs removed
- 1 hot pepper stem seeds and ribs removed (optional)
- 1 yellow onion
- 3 tbsp organic olive oil
- 2 tbsp chopped fresh or dried rosemary
- 1 tbsp fresh or dried thyme leaves
- Kosher salt and freshly ground black pepper, to taste



#### INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Peel the red beets and cut into small chunks. Place them and fingerling potatoes in a baking dish.
3. Chop the peppers and onion into pieces about 1/2-inch-square and add to the dish.
4. Drizzle the vegetables with the oil. Sprinkle the pans with rosemary, thyme, salt, and pepper. Toss until everything is coated with the olive oil and the seasonings are evenly distributed.
5. Cover the dish with foil and bake for about 30 to 45 minutes.
6. Remove from the oven and let cool slightly. Carefully remove the foil cover. Taste and add more salt or pepper if needed.
7. Serve immediately or cool, cover and refrigerate to serve them the next day. You can eat them as is or use them as the base for a delicious salad tossed with a vinaigrette.

*Adopted from The Heritage Baker*

## FARMER HIGHLIGHT



### Root Cellar Farm

Onalaska, WA

Root Cellar Farm is run by Lucas and Paterka Town in Onalaska, WA. Their once-derelict dairy farm has become a hub of local organic produce, flowers, eggs and meat for the community.

Lucas began farming in 2013 at Evergreen State College. After enrolling in a business program incorporating sustainable farming, he was hooked! Paterka grew up on a horse farm on Vashon.

Root Cellar Farm focuses on providing customers with products that will delight them while also benefiting the soil.

# What's In My Market Box?



## Fruit/Veggies

### Fall Flavors Salad Mix

Round Table Farm  
Winlock, WA

### Honeyrock & Ananas d'Amérique Melons

Volehalla Farm  
Ridgefield, WA



### Red Beets

Boistfort Valley Farm  
Curtis, WA



### Russian Fingerling Potatoes

Root Cellar Farm  
Onalaska, WA

### Lemon Cucumbers

Volehalla Farm  
Ridgefield, WA



### Hot Peppers

Root Cellar Farm  
Onalaska, WA

### Collard Greens

Volehalla Farm  
Ridgefield, WA



### Honey Crisp Apples

Amador Farms  
Yakima, WA



## Storage

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



Store whole, uncovered in the refrigerator. Honeyrock are orange inside, Ananas are green.

Store in the crisper drawer in the fridge.

Store in a cool, dark place.

Wrap in a dry paper towel and store in a loosely closed plastic bag in the fridge.

Store in the refrigerator in a plastic bag.

Store unwashed in a plastic bag in the fridge.

Store in a cool dry place or in the crisper drawer away from other produce.

## Preparation

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



Can be eaten raw or made into a sorbet, bread, jam, pie, or salad.



Roots can be boiled, steamed, or roasted.



Can be roasted or used to make mashed potatoes.

Can be eaten raw or pickled.  
Substitute in any slicing cucumber dish.

\*Large Box Only\*



### Hot Peppers

Root Cellar Farm  
Onalaska, WA



Add to sauce or pickle. Add to recipes to increase the heat. Remove seeds for less heat.



### Collard Greens

Volehalla Farm  
Ridgefield, WA



Can be braised or fried.  
Can be used to make Southern-Style Greens.



### Honey Crisp Apples

Amador Farms  
Yakima, WA



Can be eaten fresh or used to make applesauce or in crisps, oatmeal, and salad.

● Organic Practices-Not Certified

● Certified Organic

● Conventional

## \*Add-On Subscriptions\*

Eggs: Reister Ranch



Flower Bouquet: Mays Produce & Flower



Local Surprise: Rose City Pepperheads Marionberry Blast Pepper Jelly