

MARKET BOX

Vancouver Farmers Market



RECIPE Fresh Tomato Basil Zucchini Noodles

INGREDIENTS

Tomato Basil Sauce

- 1/2 cup sweet onion *finely diced*
- 1 1/2 tbsp olive oil
- 2 cloves garlic *crushed*
- 1lb tomatoes *finely diced*
- Salt and pepper *to taste*
- 1/4 cup basil *finely chopped*

Zucchini Noodles

- 2 lbs of zucchini, spiralized or sliced into noodles
- 1 tbsp olive oil
- 1/2 tsp salt



INSTRUCTIONS

1. In a large skillet or saucepan combine onions and oil. Saute over medium-low heat for 3 minutes.
2. Add garlic and saute for an additional 1 minute.
3. Add tomatoes, salt, and pepper. Continue cooking over medium-low heat for 8-10 minutes, or until tomatoes have cooked down.
4. Add basil and cook for an additional 2 minutes.
5. Spiralize your zucchini with a tabletop spiralizer, handheld spiralizer, julienne peeler, or mandoline slicer.
6. While sauce is cooking, drizzle 1 tablespoon olive oil in a large non-stick skillet over medium-low heat. Add half of your zucchini noodles and sprinkle with 1/2 teaspoon salt. Cook for 2-3 minutes, or until zucchini is tender.
7. Repeat the above step with the remaining zucchini noodles, oil, and salt.
8. Serve zucchini noodles with tomato basil sauce and sprinkle with additional basil. Enjoy!

Adopted from EvolvingTable

FARMER HIGHLIGHT



Finca Farm & Pantry

La Center, WA

Finca Farm & Pantry grows fresh fruit and produce in La Center, Washington. Finca also produces delicious small batch salad dressings & flavorful food additions for you to share and enjoy with family and friends.

Finca never uses pesticides or chemical fertilizers to produce crops. Pantry items are never made with artificial colors, flavors, additives or preservatives.

Finca Farm & Pantry is committed to always giving the very best and most nutritious locally produced products.

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

Summer Blend

Salad Mix

Round Table Farm
Winlock, WA

Store in the bag in the crisper drawer in the fridge

Eat fresh in salads or on sandwiches

Zucchini

Root Cellar Farm
Onalaska, WA

Store whole and unwashed in the refrigerator crisper drawer

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

Green Onions

Last Farm on the Left
La Center, WA

Store in the crisper drawer of the fridge

Can be added to salads, vinaigrettes, or stir-fries
Can also be chopped and used fresh on top of dish

Heirloom Tomatoes

Barking Dog Farm
Brush Prairie, WA

Store at room temperature out of direct sunlight. Store stem side down while they finish ripening

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

Plums

Finca Farm & Pantry
La Center, WA

Store at room temperature until ripen, then refrigerate in a plastic bag

Can be eaten fresh or used to make crisp, cobbler, cake, torte, and jam

Large Box Only

Apricots

Amador Farms
Yakima, WA

Store at room temperature until ripe, then store in the fridge.

Can be eaten fresh or used to make crisp, cobbler, bars, crumble, or cake

Genovese Basil

Root Cellar Farm
Onalaska, WA

Wrap in dry paper towels and place in a plastic bag

Can be used in pesto or added cooked or fresh to pasta dishes

Swiss Chard

Volehalla Farm
Ridgefield, WA

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

Can be added fresh to salads, cooked into soups or sautéed in pasta or stir fry