

# MARKET BOX

*Vancouver Farmers Market*



## RECIPE Quinoa Stuffed Delicata Squash

### INGREDIENTS

- 2 medium delicata squash *sliced in half, with seeds and stringy flesh removed*
- 1 Tablespoon oil or cooking spray
- ½ cup dried quinoa
- 1 cup vegetable broth
- ¾ cup chopped red onion
- 1 cup canned or fresh chopped tomatoes
- 1 cup chopped cornitos sweet peppers
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ¼ teaspoon paprika
- Salt & pepper to taste
- 1 cup shredded mexican cheese blend *\*use vegan cheese or omit to make this recipe vegan*

### INSTRUCTIONS

1. Preheat the oven to 400F.
2. Season the inside of each squash with oil, salt, and pepper. Place on a tray with the seasoned side down. Cook for 20-30 minutes until the skin is easily pierceable.
3. While the squash is roasting, cook the filling. Add chopped onions, peppers, dried quinoa, vegetable broth, canned tomatoes, and seasoning to a pot.
4. Cook over medium heat for 15-20 minutes until all the broth has been soaked up. Stir in the cup of shredded cheese, if using.
5. Pull out the roasted squash from the oven and flip over so the seasoned inside is now facing up. Fill each squash with the filling. Then, cook for an additional 10 minutes.
6. Remove from the oven and top with your choice of toppings!

*Adopted from Short Girl Tall Order*

## VEGGIE HIGHLIGHT



### Delicata Squash

Delicata squash is a winter squash that doesn't get enough attention! It is small and cooks quickly. You also do not need to peel it. When roasted, the skin is quite tender and squash gets creamy and sweet. It most closely resembles sweet potatoes.

The delicata squash can be seasoned with sweet and savory spices. You can toss it in curry powder, butter, cumin, taco seasoning, and with chimichurri sauce. You can also sprinkle it with cinnamon, nutmeg, brown sugar, or drizzled with maple syrup.

**FUN FACT:** The delicata squash is also known as a peanut squash, Bohemian squash, or sweet potato squash.

# What's In My Market Box?



## Fruit/Veggies

## Storage

## Preparation

### D'Anjou Pears

Amador Farm  
Yakima, OR

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

Can be eaten fresh or used to make cobbler, cake, or bread

### Delicata Squash

Volehalla Farm  
Ridgefield, WA

Do not refrigerate. Place in a cool and dry place. Will store for several months.

Roast whole or in slices. Do not peel the skin but be sure to remove the seeds and stringy flesh

### Cornitos Sweet Peppers

Quackenbush Farm  
Eagle Creek, OR

Store in the fridge.

Can be sauteed, roasted, or blistered

### Tri-Color Potato Mix

Flat Tack/Sprout & Blossom Farm  
Vancouver, WA

Store in a cool, dark place.

Can be roasted or mashed. Use for potato salad or hash browns.

### Rosemary

Flat Tack/Sprout & Blossom Farm  
Vancouver, WA

Wrap in dry paper towels and place in a plastic bag.

Can be added to potatoes, chicken, carrots, or bread.

### Purple Daikon Radish

Quackenbush Farm  
Eagle Creek, OR

Store in the fridge in a plastic bag or wrapped in a damp towel.

Can be used fresh in a salad, or pickled with carrots, roasted, or sautéed

## \*Large Box Only\*

### Carrots

Volehalla Farm  
Ridgefield, WA

Store unwashed in the fridge.

Can be roasted, sautéed, or used in baked goods. Can also be pickled with daikon radish.

### Microgreens

Cascade Sprouts  
Vancouver, WA

Store in the container in the crisper drawer in the fridge

Put on top of salads, sandwiches, eggs, stir fry, etc.

### Gala Apples

Amador Farm  
Yakima, OR

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

Can be eaten fresh or used in pies, crisps, oatmeal, and cobblers

● Organic Practices-Not Certified ● Certified Organic ● Conventional

## \*Add-On Subscriptions\*

**Eggs:** Finca Farm & Pantry **Flower Bouquet:** Mays Produce & Flowers



**Local Surprise:** Finks Fermented Foods Pickle Pint

