JUNE 27, 2021 WEEK 2

MARKET BOX

Vancouver Farmers Market



RECIPE Asian Veggie Stir-Fry

INGREDIENTS

- 1 tbsp seasme oil
- 1 tbsp water
- 1 cup broccoli florets
- 1/2 large red bell pepper sliced into strips
- 1 fresh garlic bulb *minced*
- 1 tsp fresh ginger grated
- 3/4 cup carrots julienned
- 6 shiitake mushrooms sliced into slivers
- 1/3 cup cashews
- 1 cup bok choy shredded
- 3 tbsp fat free chicken or veggie broth
- 3 tbsp low sodium soy sauce
- 1 tbsp cornstarch
- 1/4 cup cilantro chopped (optional)

INSTRUCTIONS

- 1.In a large skillet or wok, combine oil, water, broccoli, bell pepper, garlic, and ginger. Cook on medium heat for 1 minute. Add carrots, mushrooms, cashews, and bok choi and stir fry for 2 minutes.
- 2. Whisk together broth, soy sauce, and cornstarch; add to vegetable mixture and stir fry for 2 minutes.
- 3.(Optional) Sprinkle cilantro and serve alone or over rice or noodles.

Adopted from RecipeGirl.com

FARMER HIGHLIGHT



Klickitat Canyon Farm & Winery

We are a second-generation farm started roughly 30 years ago in the Columbia River Gorge. We specialize in organic wines and recently have started an infused vinegar line as well. We are diversifying our farm and now have vegetables and eggs. We grow everything from spring salads to winter squash and focus on permaculture techniques to sequester carbon and improve our native habitats.

JUNE 27, 2021 WEEK 2

What's In My Market Box?



Fruit/Veggies

Storage

Preparation

Broccoli

Volehalla Farm & Klickitat Canyon



Mist the unwashed heads, wrap loosely in damp paper towels, and store in fridge

Microwave, steam, boil, sauté, stir-fry, or roast

<u>Spring Mix</u>

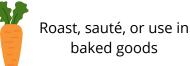
Round Table Farm Winlock, WA

Store in the bag in the crisper drawer in the fridge

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

Carrots

Last Farm on the Left La Center, WA Store unwashed in fridge



Cherries

Amador Farms Yakima, WA Store unwashed and uncovered in the fridge

Can be eaten fresh or used in cobbler, fruit salad, pie, or barbecue sauce

Bok Choy

Root Cellar Farm Onalaska, WA Store unwashed in the crisper drawer of the fridge in a loosely closed bag

Can be steamed, braised, simmered, stir-fried, or sautéed

Green Garlic

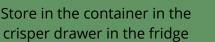
Klickitat Canyon Lyle, WA Wrap in a damp paper towel and store in a plastic bag in the fridge

Substitute in recipes for garlic, onions, scallions or leeks

Large Box Only

Microgreens

Cascade Sprouts Vancouver, WA



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

Di

Last Farm on the Left La Center, WA Place in a jar filled with an inch of water and loosely cover the leaves with an upside bag. Place in the fridge.

Can be added fresh to dips, potatoes, salads, pastas or stir-fry

<u>Apricots</u>

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

Organic Practices-Not Certified Certified Organic Conventional