

MARKET BOX

Vancouver Farmers Market



RECIPE Asian Veggie Stir-Fry

INGREDIENTS

- 1 tbsp sesame 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 choy 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

Lyle, WA

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.

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

Spring Mix



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



Roast, sauté, or use in baked goods

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

Store in the container in the crisper drawer in the fridge



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

Dill



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

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