

FUN-FACT-FLYER

Whats Inside My box? Week 3

Raspberries from King Berry

Cherry Tomatoes from Full Circle

Red Potatoes from Svihels

Broccoli Micro-greens from Supercharge!

Green Beans from Cattails

Eggs from Happy Harvest

Zucchini Noodles from Olden Produce

Yogurt from ECOS

Fun Fact

An egg shell can
have as many as
17,000 pores!



Keep your box items Fresh...

- Keep refrigerated and stored in a sealed container away from excess moisture.
- Always wash items with salt/vinegar/warm water before consuming.
- Compost after 7 days, or if mold is beginning to grow. Avoid consuming products that have odd smells, slime, textures, etc. or if they feel soft and dehydrated.

Grower Spotlight

King Berry Farm

King Berry Farm is located in Waupaca County. They have flowers, fresh produce, and gifts! King Berry is owned and founded by Steve Scheller. This year is their 40th year being in business

Cilantro Lime Shrimp Scampi with Zucchini Noodles

Ingredients:

- 2 tablespoons butter
- 1 pound jumbo shrimp (16-24),
shelled and deveined
- 4 cloves garlic, chopped
- 1 pinch red pepper flakes
(optional)
- 1/4 cup white wine or chicken
broth or shrimp broth or
vegetable broth
- 2 tablespoons lime juice (~1
lime)
- 3 medium zucchini, cut into
noodles
- salt and pepper to taste
- 1 teaspoon lime zest
- 2 tablespoons cilantro,
chopped



Instructions:

1. Melt the butter in a pan over medium-high heat until frothing, add the shrimp, cook for 2 minutes, flip, add the garlic and red pepper flakes and cook for 1 more minute before setting the shrimp aside.
2. Add the white wine and lime juice to the pan, deglaze it, simmer for 2 minutes, add the zucchini noodles and cook until just tender, about 2 minutes, before seasoning with salt and pepper, adding the shrimp, lime zest and cilantro, tossing everything and removing from the heat.