





# FUN-FACT-FLYER

#### Whats Inside My box? Week 1

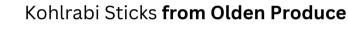
Strawberries from Blaser Acres

Organic Cucumbers from Pleasant Valley

Salanova Mix/Spring Mix from Cattails & Superior Fresh

Tomato on the Vine from Mighty Vine

Snap Peas from Chris Stolzfus



Pancake Mix

Cheese sticks from Red Barn

Syrup from Tapped

### **Serving Suggestions:**

- Kohlrabi Sticks are Pre-Cut and ready to eat as snack or side.
- Pea Pods, Kohlarabi Sticks, and Cucumbers are delicious in snacks or chopped or sliced for salads. Kids also love to dip them in dressing or yogurt.





## 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**

Owned and Operated by Family. Cattail Organics is a USDA certified organic farm focused on growing produce in north central wisconsin, with distribution capacity throughout the state. We focus on flavor, quality, and cleanliness that exceeds standards of regional and national distributers. As a family farm, we are directly involved with all aspects of production, meaning product quality and processes are literally in our hands! It is our mission to expand local food access in our region through education, dialouge and delivery of consistent products year-round, pushing the constraints of our short growing season.



