

# FUN-FACT-FLYER

## Whats Inside My box? Week 2

Apples **from Sunset**

Celery **from Cattails**

Zucchini and Yellow Squash **from Pleasant Valley**

Salad Mix **from Full Circle**

Peas **from Full Circle**

Loaves of Cheddar **from ECOS**

Roasting Mix **from Oldens**

Pretzels **from East Shore Specialty Foods**

### **Fun Fact**

Did you know  
apple trees take  
4-5 years to  
produce their  
first fruit?



## 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 Steve and Beth Albert, Full Circle Farm produces organic food! Their mission is to provide the highest-quality organic, local food while creating a community-based farming model that will revitalize the farms and communities all across the country.

## Skillet Zucchini and Yellow Squash

### Ingredients:

- ½ tablespoon butter
- ½ tablespoon olive oil
- 2 small zucchini, ends trimmed and diced
- 2 small to medium yellow squash, ends trimmed and diced
- Salt and pepper to taste

### Instructions:

- In a 10- or 12-inch nonstick skillet, heat the butter and olive oil over medium heat until hot and rippling.
- Add the zucchini and yellow squash in as even a layer as possible (it should sizzle as it hits the skillet) and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Give it a good stir, add a touch more salt and pepper to taste if needed, and let it continue to cook, stirring only every now and then, until the squash is browning here and there and tender to your liking, about 5-7 more minutes.
- Season with salt and pepper to taste. Serve immediately.



## Roasting Mix Instructions:

Preheat oven to 400 degrees. Coat veggies with 1 T olive or cooking oil. Roast on a baking sheet (lined with foil or parchment paper) for 15 minutes, then flip and roast for 10 to 20 minutes more, or until all veggies are tender and slightly browned.

Season with salt and pepper to taste.