

FUN-FACT-FLYER

Whats Inside My box? Week 4

Blueberries **from Flytes**

Cauliflower **from Red Door**

Broccoli **from Red Door**

Green Leaf Lettuce **from Cattails**

Fresh Onions **from Red Door**

Cubed Sweet Potatoes **from Olden**

Cottage Cheese **from Westby**

Sliced Cucumbers **from Olden**

Jam

Fun Fact

Did you know Blueberries
can strengthen your
heart?



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



Red Door Family Farm

Red Door Family Farm is a Certified Organic small diversified farm in Athens, Wisconsin. We have become recognized for our clean, high quality, nutrient dense vegetables and fruits. We have six hoop houses allowing for a large capacity for season extension, long-term storage crops, and the highest quality tomatoes, cucumbers, peppers, and celery (and more!). As farmers, we believe in making a food system that supports rural communities, promotes health, and is sustainable economically and environmentally.

Cucumber Salad

Ingredients:

- 1 pound cucumbers, thinly sliced
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons kosher salt
- 2 1/2 teaspoons red wine vinegar (or vinegar of your choice)
- 1/2 small onion, thinly sliced

Instructions:

1. Gather Ingredients
2. In a medium bowl, toss the cucumber slices with the salt and sugar; let stand for 5 minutes
3. Stir in the onion and vinegar. Refrigerate for 10 minutes, then serve.

