

FUN-FACT-FLYER

Whats Inside My box? Week 5

Apples

Organic Rainbow Carrots **from Cattails**

Organic Slicing Tomatoes **from Full Circle**

Pure Farms Salad Mix

Organic Bunched Onion **from Red Door**

Mixed Carrot and Kohlrabi Noodles **from Oldens**

Savory Hash **from Oldens**

Milk

Fun Fact

Did you know
Milk helps
improve your
bone health?



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.

Pure Farms

Grower Spotlight



Owned and Operated by Linda and Michael Graf, and Thomas and Nikki Grams, Pure farms strives to deliver fresh, local, and chemical-free produce to their customers providing exceptional flavor, shelf-life, and nutrition 365 days a year. Thomas is their head grower and does a wonderful job producing awesome lettuces, microgreens and herbs pesticide and herbicide free with 90 percent less water than traditional farming.

Savory Hash Breakfast

- Heat 2 Tablespoons butter or cooking oil
- Add 1 lb. hash and saute until tender - 8 to 10 minutes
- Season with salt and pepper, to taste
- Serve with toast or scrambled eggs



Cool and Crunchy Asian, Ranch, or Italian-style Kohlrabi and Carrot Noodle Salad

Ingredients:

- 1 lb kohlrabi and carrot noodles
- one bunch of onions, sliced thinly (optional)
- Diced tomatoes (optional)

Instructions:

- Mix ingredients in a large bowl
- Add your favorite Asian, Ranch, or Italian salad dressing and marinade for at least 30 minutes or overnight