

FUN-FACT-FLYER

Whats Inside My box? Week 6

Sun Jewel Melons **from Cattails**

Beans **from Red Door**

Peppers **from Red Door**

Zucchini and Cucumber Mix **from SLO**

Corn **from Hoekstras Sweet Corn**

Romaine or Green Leaf Lettuce **from Cattails**

Eggs **from Happy Harvest**

Cottage Cheese

Butters- Pumpkin and Apple

Roasting Mix **from Oldens**

Fun Fact

Did you know corn
comes in many
different colors?



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

Hoekstras

Owned and Operated by The Hoekstra family. What started as a hobby became a family owned business. In 1981 the pick-up bed of an old 1967 International pick-up truck would be piled high with sweet corn. It was set by the road with a self serve sign. By 1987 the original stand was too small and it was doubled in size equipped with a small cooler. As soon as the ground is fit the planting of acres and acres of sweet corn, tomatoes, peppers, melons, cucumbers, and much more begins. By the end of October the ground is ready for a rest and so are the Hoekstra's.

The next months are ones to plan and get ready for the next season, only to start all over again. Yes, a hobby truly has turned into a business, a family owned business and a great one at that!

Cucumber-melon Salad

Ingredients:

- 1 medium cucumber, seeded and cubed
- ½ sun jewel melon peeled and seeds removed, cubed
- 1 Tablespoon chopped mint, basil, or other fresh herb (optional)

Dressing Ingredients (Optional):

- 1-2 Tablespoons honey or maple syrup
- 1 ½ teaspoons apple cider vinegar, lemon juice, or lime juice

Topping: 1 cup cottage cheese

Instructions

1. Combine cucumber, melon, and mint (if using) in a large bowl
2. Stir together dressing ingredients in a small bowl: honey or maple syrup and vinegar, lemon, or lime juice.
3. Pour liquid over salad ingredients
4. Top salad with cottage cheese, as desired.