

# FUN-FACT-FLYER

## Whats Inside My box? Week 8

Strawberries **from Svihels - Everbearing**

Carrots **from Olden**

Zucchini and Cucumber Mix **from Full Circle**

Cubed Sweet potato **from Olden**

Cubed Watermelon **from Olden**

String Cheese **from Eco**

Milk 1% **from Eco**

Zucchini Noodles **from Olden**

## Fun Fact

Did you know  
strawberries can be a  
variety of 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  
**Olden Organics**



Richard & Tracey Vinz, owners of Olden Organics are the 4th generation to nurture the farm. Through the years they have grown in knowledge and approach to the crops that they grow. They focus on growing crops well and caring for the soil.

## **Brown Sugar Glazed Carrots**

### **Ingredients:**

- 1 (16-ounce) bag baby carrots
- ½ cup water
- 2 tablespoons unsalted butter
- 2 tablespoons packed light brown sugar
- salt and pepper(to taste)

### **Storing Information:**

**Make ahead of time.** We suggest making them fresh, but if needed, you can make them a day ahead. Store in an air-tight container in the refrigerator.

To **reheat**, throw them back into a buttered pan, and cook until carrots are heated through.

To **store**, Leftovers can be stored in an airtight container in the fridge for 2-3 days. Reheat them in the microwave, or in a skillet on the stove.

### **Instructions:**

1. Combine carrots, water, butter and brown sugar in a pan over medium-high heat and bring to a boil.
2. Cover and reduce the heat to cook on low for approximately 6 minutes.
3. Keeping covered, turn the heat back to high and cook, stirring occasionally, until all the water is evaporated and carrots are tender, another 5–6 minutes.
4. Remove from the heat and sprinkle with salt and pepper

### **Cooking Methods:**

- **IN THE SLOW COOKER.** Place the carrots in a greased crock pot. Combine melted butter, salt, pepper, brown sugar and water. Drizzle over carrots, mix until carrots are coated. Cook on HIGH for 2-3 hours, or until carrots are tender.
- **IN THE OVEN.** Place your baby carrots in a buttered casserole dish and sprinkle with salt and pepper. Sprinkle with 2 tablespoons brown sugar and drizzle on 2 tablespoons melted butter. Cover and bake at 350° for 1 hour.
- **IN THE INSTANT POT.** To cook in an Instant Pot or pressure cooker, place all ingredients in the pot, cover, and secure the vent. Set the pot to “sealing”, press “pressure cook” or “manual” button”. Set the timer for 3 minutes. Once done, manually release the pressure by switching the vent to “venting”.

### **Additional Notes:**

#### Variation:

- Top with fresh herbs like parsley or thyme.
- Use larger carrots – peel and cut into coins or chunks. Just make sure the slices are all equal in size, and adjust the bake time accordingly.
- Squeeze an orange or lemon juice over the top for a bright twist.
- For some extra flavor and texture, add ⅓ cup pine nuts or chopped, toasted walnuts or pecans after simmering for the first 6 minutes.
- Brown sugar can be substituted with honey or maple syrup.