



FUN-FACT-FLYER

Whats Inside My box? Week of September 10th, 2023

Honey crisp Apples **from Sacia Orchards**

Oranos Peppers **from Turners**

Organic Rainbow Chard **from Cattails**

Red Potatoes **from Driftless**

Cubed Cantaloupe **from Oldens**

Whole Wheat Flour **from Doudlah**

Butter **from ECOs**

Savory Hash **from Oldens**

Fun Fact

**Did you know
Butter has been
around for over
10,000 years?**



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 Doudlah Farms



At Doudlah Farms Organics we believe in wholesome, nutritious foods, farmed right.

As conservationists and advocates for organic, regenerative and bio dynamic farming practices, we work hard to grow nutrient-rich food that is good for you, our planet and the future of human health.

Apple Dutch Baby

Ingredients:

- 4 Tbsp butter
 - 2-3 Gala apples sliced thinly
 - 3/4 cup flour
 - 3/4 cup milk
 - 1/2 tsp salt
 - 1/4 tsp baking powder
 - 1 Tbsp sugar
 - 4 eggs
- Cinnamon Topping:
- 1/3 cup sugar
 - 2 tsp cinnamon

Instructions:

- Preheat oven to 400.
- Place butter into a 12" cast iron frying pan and place in the oven to melt butter.
- In a bowl combine the flour, baking powder, sugar, salt, milk and eggs.
- Place the sliced apples into the bottom of the pan on top of the melted butter. Pour egg mixture over apples.
- Combine sugar and cinnamon and sprinkle over the top of the egg mixture evenly.
- Bake in oven for 20-25 minutes until golden brown.

