



# FUN-FACT-FLYER

**Whats Inside My box? Week of September 17th, 2023**

Cubed Watermelon **from Oldens**

Cubed Cantaloupe **from Oldens**

Squash Winter **from Hoekstras**

Celery **from Trembling Prairie**

Dried Cranberries **from Honestly Cranberry**

Black Turtle Bean **from Doudlah**

Carrot Bunches **from Red Door**

Shredded Cheese **from OV**

Milk 1% **from Ecos**

## **Fun Fact**

Cranberries are grown on 21,000 acres across 20 counties in Wisconsin. The sand and peat marshes in central and northern

Wisconsin create the perfect growing conditions for cranberries. Cranberries are creditable for CACFP: 1/8 cup dried cranberries equals ¼ cup fruit.



# 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

**Honestly  
Cranberry**

*Honestly* ● *Cranberry*<sup>®</sup>

Owned and Operated by Mary Brazeau Brown, Stephen Brown, and Allison Brown. These cranberries were grown on the family farm in Wisconsin that has been commercially producing cranberries since 1873. Honestly Cranberry was started in 2014 with a “Cran Do attitude.”

## Simplest Slow Cooker Black Beans

- Ingredients:**
- 1 lb. dried black beans, no need to soak
  - 1 half of a small onion, halved through the core to keep it intact, peeled
  - 1 bay leaf
  - 1 garlic clove, smashed and halved
  - 2 to 4 teaspoons kosher salt, plus more to taste
  - 1 teaspoon crushed red pepper flakes, optional
  - 1/4 cup olive oil, optional
  - Top with cheddar cheese, optional

- Instructions:**
- Place the beans, onion half, bay leaf, garlic, 2 teaspoons kosher salt, pepper flakes (if using), and olive oil (if using) into a slow cooker. Cover with 8 cups of water. Cover pot. Cook on high heat for 6 to 8 hours or until the beans are done, but start checking at the 4-hour mark – all slow cookers are different and times might vary, too, depending on the age of your beans.
  - Taste. Add more salt to taste. I add 2 more teaspoons, but start with 1 or a 1/2 teaspoon and adjust from there. Note: When you first taste a bean, do not expect to be wowed. The beans develop more flavor as they cool in their cooking liquid, which will continue to season them. As noted above, I find they taste even better on day 2.