

FUN-FACT-FLYER

Whats Inside My box? Week of October 16th, 2023

Watermelon **rain check** from last week
Apples, Honeycrisp **from Sacia Orchards**
Dried Cranberries **from Honestly Cranberry**
Collards **from Driftless Organics**
Black Beans **from Doudlah**
Cornmeal **from Doudlah**
Whole Wheat Flour **from Doudlah**
Cubed Sweet potato **from Olden**
Loaves of Cheddar **from ECOS**
Eggs **from Happy Harvest**
Maple Syrup **from Tapped**

Fun Fact

Whole wheat flour and whole cornmeal meet the whole grain-rich requirement for CACFP. Most recipes will yield similar results when up to half of the flour is replaced with whole-grain flour.



Grower Spotlight



Doudlah Organics

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.

Keeping 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

Whole Grain Pancakes adapted from [fifteenspatulas.com](https://www.fifteenspatulas.com)

Makes 6 hearty servings

Ingredients:

- 2 cups whole wheat flour
- 1 Tablespoon sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 eggs
- 2 cups buttermilk (or milk of your choice with 2 Tablespoons vinegar added to create fluffy pancakes)
- ¼ cup melted butter or cooking oil of your choice
- butter or cooking spray to grease the griddle

Instructions:

Whisk together flour, sugar, baking powder, and baking soda in a large bowl.

In a separate bowl, whisk together the buttermilk, butter or oil, and eggs.

Gently stir the dry ingredients into the wet ingredients. Leave batter lumpy. It will get tough if overstirred.

Preheat griddle to 375 degrees and butter or spray with nonstick spray

Drop small scoops (about 3 Tablespoons) onto hot griddle.

Wait for bubbles to appear on the surface of the batter before flipping.

Flip pancakes and cook for two minutes or until golden on the other side.

Serve with syrup and/or sliced apples.