

# FUN-FACT-FLYER

**Whats Inside My box? Week of October 23rd, 2023**

Gold Potatoes **from Driftless** Organic Certified

Apples **from Sunset Orchards**

Carrots **from Melvin Lapp** Organic Certified

Spring Mix **from Superior Fresh** Organic Certified

Sticks **from Olden** Organic Certified

Milk **from ECO**

String Cheese **from OV** Organic Certified

Butters(Pumpkin/Apple) **from Tapped**  
**Maple Syrup**

## **Fun Fact**

Did you know Over  
2,500 Varieties of  
Apples are Grown in  
the United States?



## 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.

### **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

## **Roasted Root Sticks**

### **Ingredients:**

- 1 lb Oldens Root Sticks
- 1.5 Tablespoons olive oil or other cooking oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- chopped rosemary or other herbs, optional

### **Instructions:**

- Preheat oven to 400 degrees
- Mix all ingredients in a large bowl.
- Spray a large baking sheet with nonstick cooking spray or line with parchment paper
- Place all ingredients except optional rosemary on the baking sheet
- Roast for 8-10 minutes or until lightly browned on the bottom
- Flip root sticks over with a spatula and sprinkle with rosemary, if using
- Roast another 8-10 minutes or until golden on the other side
- Remove from oven and serve.
- Root sticks are also delicious as a stir fry or cooked in the air fryer!