

FUN-FACT-FLYER

Whats Inside My box? Week of October 30th, 2023

Honeycrisp Apples **from Sacia Orchards**

Celery **from Cattail** Organic

Rainbow Carrots **from Cattails** Organic

Sunflower Sprouts **from Supercharge** Organic

Broccoli and Cauliflower Mix **from Oldens** Organic

Rough Roasting Vegetables **from Oldens** Organic

Individual Yogurts **from Klondike** Organic

Frozen Corn **from Alsum Sweet Corn**

Fun Fact

Sunflower sprouts are a mild-tasting microgreen and children often love them! They are delicious on their own, on a sandwich, in a wrap, or sprinkled on salad. They can also be added to scrambled eggs or soup.





The mission at SuperCharge! Foods is to Facilitate Life Growth through holistic nourishment, sustainability and community. They have mindfully selected the most nutrient-dense microgreens to grow with the SuperCharge! process in order to deliver holistic goodness to the people. SuperCharge! Foods produces high quality, nutrient dense, and energetically integral food for the People through a special growing process utilizing biodynamics, sea minerals, bio-energetics, and vortex brewing structured water! They are a clean energy partner and runs on 100% renewable energy!

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

Serving Suggestion:

A grazing table or snack board presents foods in an inviting format for young children and encourages them to try new things. Consider offering cut-up celery and carrot sticks, apples, cheese, crackers, sunflower sprouts, and / or any other items you have on hand in an array that invites the senses. Serve with a dip, ranch dressing, or spread; it's sure to be a hit!

Check out some ideas for children's snack boards from [ahundredaffections.com](https://ahundredaffections.com/kid-friendly-charcuterie-boards-picky-eaters/): <https://ahundredaffections.com/kid-friendly-charcuterie-boards-picky-eaters/>