

Fun-Fact Flyer

Whats inside my box? Week of May 6th

Frozen Berries **from Lakeview Berry**

Mushrooms **from River Valley**

Peashoot Microgreens **from SuperCharge!**

Apples **from Barnard Farms LLC**

Sweet Potato **from Olden Produce**

Mixed Sticks **from Olden Produce**

Cubed Butternut Squash **from Olden Produce**

Heritage Cheese Stick **from Red Barn**

Applesauce **from Fed Up Foods**

FUN FACT

**Berries are great
for heart 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

GROWER SPOTLIGHT



River Valley Ranch



Owned and Operated by Eric Rose, River Valley Ranch is committed to bringing you the best of the farm, from their homegrown mushrooms and vegetables, to their hand-crafted small-batch foods.

Sautéed Cremini Mushrooms

Ingredients:

- 1 pound of Cremini (baby bella) mushrooms
- 2 tablespoons of butter (vegan as desired)
- 1 tablespoon of olive oil
- 2 cloves of garlic, finely minced
- Salt and pepper to taste
- 2 tablespoons of fresh thyme (other fresh herbs work well here as well!)(Optional)
- Optional squeeze of lemon juice as desired

Instructions:

1. Start by thoroughly rinsing the mushrooms under water. Pat dry and then cut into thin slices (about $\frac{1}{4}$ inch thick).
2. In a large skillet, combine the butter and olive oil over medium heat. Once the butter is fully melted, add in the sliced mushrooms with a good pinch of salt and freshly cracked black pepper. Cook for 5 minutes. Around this time, you'll end up with a decent bit of excess moisture in the pan from the mushrooms and this is okay.
3. Add in the garlic and herbs(optional), stir, and cook for an additional 3-4 more minutes. Most of the moisture from the mushrooms should have evaporated but if not, you can drain it off. Garnish with additional herbs (optional), a squeeze of lemon juice, and ENJOY!