

# Fun-Fact Flyer

Whats inside my box? Week of May 13th

Frozen Fruit **from Lakeview Berry**

Organic Red Potatoes **from Igls**

Sliced Apples **from Sunset**

Baby Rainbow Carrots **from Driftless**

Diced Yellow Onion **from Olden Produce**

Mixed Yogurt **from Eco**

Savory Vegetable Hash **from Olden Produce**

Eggs **from Happy Harvest**

Maple Syrup **from Uncle Mikes**

## FUN FACT

**Did you know there are more than 200 varieties of potatoes sold throughout the United States?**



## 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



## Igls



Owned and Operated by Brad, Brian & Thomas Igl. In north central Wisconsin on the outwash plain known as the Antigo Flats sits Igl Farms, a family-owned and operated potato farm just north of Antigo. Herman Igl bought the farm in the 1930s and became one of the first commercial potato growers in the area. Igl Farms was a dairy and potato farm until the early 1990s when the dairy herd was sold. Today the operation is owned by Tom Igl and his sons, Brad and Brian, and is certified organic potato and vegetable farm.

## Roasted Red Potatoes

- Ingredients:
- 1 1/2 pounds baby red potatoes halved
  - 1/4 cup olive oil
  - 2 teaspoons garlic minced
  - 1 1/2 teaspoons salt
  - 1/2 teaspoon pepper
  - 1 teaspoon Italian seasoning
  - 1/4 cup finely grated parmesan cheese
  - 2 tablespoons chopped fresh parsley
  - cooking spray

### Instructions:

- Preheat the oven to 400 degrees. Line a sheet pan with foil and coat the foil with cooking spray.
- Place the potatoes in a large bowl. Add the olive oil, garlic, salt, pepper, Italian seasoning and Parmesan cheese. Toss to coat.
- Spread the potatoes in a single layer on the prepared baking sheet. Bake for 35-40 minutes or until golden brown and fork tender. Sprinkle with parsley and serve.

### Note:

If you don't have baby potatoes, use large red potatoes cut into 1 inch pieces.