

Fun-Fact Flyer

What's inside my box? Week of May 27th

Asparagus **from Svhiel's or Oldens**

Rhubarb **from Romaine Calm Produce**

Sweet Potato **from Triple K**

Black Beans **from Doudlah's**

Evercrisp Apples **from Barnard Farms**

Savory Vegetable Hash **from Olden's**

Mozzarella Sticks **from Organic Valley and ECO**

Eggs **from Happy Harvest**

Broccoli & Cauliflower Florets **from Olden's**

FUN FACT

**Did you know the average
American eats about 286
eggs per year?**



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

Happy Harvest/
Double L Farms

Levi and Lydia Borntrager and family (12 children, infant to 20 year old.) They are certified with organic eggs, free range pastured. They are committed to working with nature for soil and animal health.

Sheet Pan Roasted Vegetable Hash or Roasted Broccoli and Cauliflower



Ingredients:

- 6 to 8 cups vegetable hash or broccoli and cauliflower
- 2 to 3 tablespoons olive oil or cooking oil
- 1/2 teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Preheat oven to 425. Place hash blend or veggies in a large bowl or Ziploc bag. Add oil, salt, and pepper and stir or shake to coat.
2. Place ingredients on 2 large baking sheets and spread into a single layer.
3. Bake until golden brown and crisp around the edges, about 15 to 20 minutes. Flip after 7 to 10 minutes.