

Fun-Fact Flyer

What's inside my box? Week of June 24th

Peaches from Georgia

Asterix Red Potatoes from Driftless Organics

Peas from Stateline

Cucumbers from Stateline

Roasting Mix from Olden Produce

Mixed Sticks from Olden Produce

Maple Syrup

Salad Mix from Hundred Acre

Milk from ECO

Mozzarella Sticks from ECO

Slacks Jam from Wildlife Preserve

FUN FACT

**Did you know
peaches contain
vitamin C?**



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



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.

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!