



# Farm to Friends Country Markets

## Market Report

### Tips on Freezing Produce

Most vegetables should be blanched (briefly cooked in boiling water) before freezing. Fruit does not need to be blanched.

**To blanch:** Bring 1 gallon of water per pound of prepped vegetables (about 2 cups) to a boil in a large pot. Add the vegetables, cover, return to a boil and cook. See suggested blanching time for vegetables below.

Transfer the vegetables to a large bowl of ice water. Drain well; pat dry. Pack the frozen vegetables or fruit in quart- or gallon-size freezer bags. Or pack fruits and vegetables in bags that are made to use with a vacuum sealer and seal them airtight before storing in the freezer.

When frozen foods come in contact with air, off flavors can develop. Vacuum sealers, which remove all the air from a package, help keep flavors fresh. Hand-held models are economical, light and easy to store. They come with reusable plastic bags with zip-close tops and a vent where the sealer attaches to suck the air from the bag. Larger models are bulkier to store, but they're more durable so they're great if you plan to freeze food regularly. Their heavy-duty plastic bags can be cut and sealed to create any size bag.

#### Asparagus

Prep: Trim woody ends.

Blanching Time: 2-3 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Bell Peppers

Prep: Remove seeds; cut into 1/2-inch pieces.

Blanching Time: 2-3 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Broccoli & Cauliflower

Prep: Cut into 1- to 1 1/2-inch florets.

Blanching Time: 3 minutes

To Reheat Frozen Vegetables (Microwave): 2-4 minutes

To Reheat Frozen Vegetables (Steaming): 2-4 minutes

#### Carrots

Prep: Peel and cut into 1/4-inch slices or cubes.

Blanching Time: 2 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Corn

Prep: Husk corn and remove kernels.

Blanching Time: 2 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Dark Leafy Greens: Chard, Kale & Spinach

Prep: Remove any woody stems and/or ribs; chop if desired.

Blanching Time: 2-3 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Tomatoes

Prep: Remove the core.

Blanching Time: N/A

To Reheat Frozen Vegetables (Microwave): N/A

To Reheat Frozen Vegetables (Steaming): N/A

#### Zucchini & Summer Squash

Prep: Cut into 1/2-inch slices.

Blanching Time: 2-3 minutes

To Reheat Frozen Vegetables (Microwave): 1-2 minutes

To Reheat Frozen Vegetables (Steaming): 2-3 minutes

#### Blackberries, Blueberries & Raspberries

Prep: Wash and pat dry.

Blanching Time: N/A

To Reheat Frozen Fruit: N/A

### This Weeks Market Basket

Local Honey Crisp/Fuji Apples-The Dalles, OR

Green Grapes-Corcoran, CA

Local White Nectarines-The Dalles, OR

Local-Cantaloupe-Hermiston, OR

Local Cucumbers-Salem, OR

NW Red Onions-Yakama, WA

Local Green Beans-Oregon

Local Broccoli-Willamette Valley, OR

Tomatoes On the Vine-Seattle, WA

Local Leaf Lettuce-Sauvé's Island, OR

Local Green Cabbage-Hermiston, OR

Red Potatoes-Yakama, WA

**\*Don't need a full produce order?**

**You can customize your order by selecting just what you need with our individual produce items, weekly specials & extensive list of local foods & groceries.**

**PLEASE REMEMBER TO RETURN YOUR F2F BAGS.**

You may have noticed we have had to get creative with our delivery containers. This is due to workforce issues with production and shipping. Please help us keep costs down by returning your bags every week.

We really appreciate your help with this.

**THANKS AND BE WELL!**

# Recipes of the week

<p><b>Healthy Broccoli Tots</b></p> <p>1 head broccoli (about 12 ounces) – diced          1/4 cup onion – diced          1 egg          1/2 cup finely shredded Parmesan cheese          1/3 Italian bread crumbs          1/3 Panko bread crumbs          1 teaspoon parsley          1 teaspoon paprika          1/2 teaspoon salt          1/2 teaspoon pepper</p> <p>Directions: Preheat oven to 400 degrees. Bring a pot of water to boil on the stove. Place head of broccoli in the pot for one minute to blanch. Rinse with cold water</p>	<p>and drain well.</p> <p>Dice onion and broccoli with a knife or in a food processor. In a large mixing bowl, combine diced broccoli, onion, egg, Panko bread crumbs, cheese, and seasonings.</p> <p>Spoon out a 1-1 1/2 tablespoons of mixture and shape tot in your hand. Place tots on a parchment paper lined baking tray. (Or forgo rolling by hand and bake in a greased mini muffin pan to save on time).</p> <p>Bake at 400 degrees for about 20-24 minutes until slightly brown. Makes about 20-22 tots.</p>	<p>Easy one pan green beans</p> <p>2 tablespoons extra virgin olive oil          ½ teaspoon red pepper flake, or to taste          1.5 pounds green beans, trimmed          2 cloves garlic, minced          ½ teaspoon coarse kosher salt          2 tablespoons water</p> <p>Heat oil in a large skillet over medium-high heat. Add red pepper flake and stir to coat the pepper in the oil. Add green beans and cook, stirring often until the beans are blistering and browning in areas, 5 to 7 minutes.</p> <p>Add garlic and salt and cook, stirring constantly until the garlic is</p>	<p>fragrant and browning, about 30 seconds. Add water and immediately cover. Cook covered until the beans are bright green and crisp tender, 1 to 2 minutes. Serve immediately.</p> <p>NOTES</p> <p>To Trim The Beans: The stem end of the bean is tough and fibrous. This must be removed. To do so easily, line up a handful of the beans with the stems facing the same direction. Cut them off all at once. No need to cut off the pointy tip.</p>
<p><b>Glazed Carrots &amp; Green Beans</b></p> <p>6 cups water          1/2 pound fresh baby carrots          1/2 pound fresh green beans, trimmed          1/2 cup chicken broth          1 tablespoon butter          1 teaspoon sugar          Salt and pepper to taste</p> <p>In a large saucepan, bring water to a boil. Add carrots; cover and cook for 1 minute. Add beans; cover and cook 2 minutes longer. Drain and immediately place vegetables in ice water. Drain and pat dry.</p> <p>Place the vegetables in a large skillet; add broth and butter. Bring to a boil; cook, uncovered, for 2-3 minutes or until liquid is reduced to about 2 teaspoons. Add the sugar, salt and pepper; cook and stir for 1 minute. Yield: 6 servings.</p>	<p><b>Crunchy Broccoli Toss</b></p> <p>1/2 cup sugar          1/2 cup olive oil          1/4 cup cider vinegar          2 teaspoons soy sauce          salt and pepper to taste          1 (3 ounce) package ramen noodles, broken          2 tablespoons butter          1 1/2 cups chopped broccoli          1 small head leaf lettuce, torn          ¼ Cup onions, chopped          1/2 cup chopped walnuts</p> <p>In a jar with a tight-fitting lid, combine the sugar, oil, vinegar, soy sauce, salt and pepper; shake well. Discard seasoning packet from noodles or save for another use.</p> <p>In a skillet, sauté noodles in butter until golden. In a large bowl, combine noodles, broccoli, romaine and onions. Just before serving, toss with dressing and walnuts.</p>	<p><b>Fish Tacos with cabbage slaw</b></p> <p>4 cups very thinly presliced green cabbage          1 cup chopped plum tomatoes          1/3 cup thinly sliced green onions          1/4 cup chopped fresh cilantro          2 tablespoons fresh lime juice          5 teaspoons extra virgin olive oil, divided          1/2 teaspoon salt, divided          1 pound tilapia fillets          1 teaspoon chili powder          8 (6-inch) corn tortillas</p> <p>Combine first 4 ingredients in a large bowl. Add juice, 1 tablespoon oil, and 1/4 teaspoon salt; toss well to combine.</p> <p>Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle fish evenly with chili powder and remaining 1/4 teaspoon salt. Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.</p>	<p style="text-align: center;"><b>Bulk Produce</b></p> <p>We have a great variety of northwest produce available for canning. We have 2 canning combo's available :</p> <p>Pickle Pack- 22 lbs of Pickling Cukes &amp; 2 bunches of dill \$50.00</p> <p>Salsa Pack-25 lbs of Roma Tomatoes, Bunch of Cilantro, Garlic, 5 lbs of Onions \$50.00</p> <p>Contact us for berries, peaches, plums, asparagus, or any other produce items by the case, flat or bushel.</p> <p style="text-align: center;"><b>541-526-7201</b></p> <p style="text-align: center;"><b>farm2friendsorders@gmail.com</b></p>
<p><b>Crisp Tuna-Cabbage Salad</b></p> <p>One 5-ounce can tuna, drained          2 cups finely chopped green or red cabbage, from about 4 ounces or 1/4 of a small head of cabbage          1/4 cup minced green onions or chopped onion          1 tablespoon mayonnaise          3 tablespoons plain Greek yogurt</p>	<p>Salt and freshly ground black pepper</p> <p>Shred the tuna with a fork and mix thoroughly with the cabbage. Stir in the chives, mayonnaise, and yogurt. Taste and add salt and pepper to taste. Eat immediately or else refrigerate for up to two days.</p>	<p>Remove from heat, and cut fish into bite-sized pieces.</p> <p>Warm tortillas according to package directions. Spoon about 1/4 cup cabbage mixture down the center of each tortilla. Divide fish evenly among tortillas; fold in half. Serve tacos with remaining cabbage mixture.</p>	<p style="text-align: center;"><b><u>If you like our service, please remember to like our page on FB! Thank You!</u></b></p> <p style="text-align: center;"><b><a href="https://www.facebook.com/farm2friends">https://www.facebook.com/farm2friends</a></b></p>