

August 6th & 7th, 2024

# THE BOUNTY BUGLE

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## WHAT'S IN YOUR LOCAL BOUNTY

Basil | Golden Rule Gardens, Willits

Garlic | Irene's Garden, Laytonville

Microgreens | Mendo Grass, Ukiah

Carrots | Irene's Garden, Laytonville

Lettuce Head | Golden Rule Gardens, Willits

Summer Squash | Filigreen Farm, Boonville

Torpedo Onions | Folk Life Farm, Covelo

Cucumber | Nye Ranch, Fort Bragg

## BOX ONLY

Peaches | Langdon Day Farms, Potter Valley

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# GRILLED PEACH AND CARROT SALAD

WITH FRESH BASIL AND MICROGREENS

## Ingredients:

- Peaches (halved)
- Carrots (shredded)
- Microgreens
- Fresh basil leaves
- Olive oil
- Balsamic vinegar
- Salt and pepper to taste

## Directions:

- Grill peach halves until caramelized
- Arrange microgreens on a plate.
- Top with shredded carrots and grilled peaches.
- Garnish with basil leaves.
- Drizzle with olive oil and balsamic vinegar.
- Season with salt and pepper.

# ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

## ***Did You Know...?***

FUN FACTS ABOUT YOUR FOOD

**Q:** Everyone I know is giving me Summer Squash right now! What do I do with all this squash?

*Summer Squash is a versatile ingredient for a variety of dishes. It can be grated into batter for moist bread or muffins, sliced thinly for a fresh addition to salads, or spiralized into noodles for a low-carb pasta alternative. Another option is to stuff your **Summer Squash** with a mixture of grains, vegetables, and cheese for a hearty and healthy meal.*



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