

August 13th & 14th, 2024

THE BOUNTY BUGLE

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mendolakefoodhub.org

WHAT'S IN YOUR LOCAL BOUNTY

- Mixed Peppers | Black Dog Farm, Willits
- Lettuce Head | Golden Rule Gardens, Willits
- Curled Parsley | Mulligan Gardens, Laytonville
- Cherry Tomatoes | Wavelength Farm, Manchester
- Golden Beets | Big Mesa Farm, Comptche
- Cucumber | Folk Life Farm, Covelo
- Fennel | Nye Ranch, Fort Bragg

BOX ONLY

Watermelon | Oak Valley Farm, Upper Lake

KEEP SUPPORTING YOUR FARMERS

Cut and Share ✂️



mulligangardens.com
IG: @mulligan.gardens



oakvalleyfarming.com
IG: @jess_oakvalleyfarm

Folk Life Farm



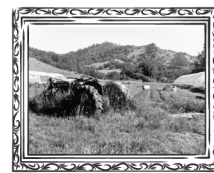
folklifefarmstead.com
IG: @folklifefarm



nyeranch.com
IG: @nyeranchfarm



goldenrulegardens.com
IG: @goldenrulegardens



blackdogfarmcatering.wordpress.com
IG: @mendograss



wavelengthfarm.com
IG: @wavelengthfarm



bigmesafarm.com
IG: @bigmesafarm



LOCAL BOUNTY
DELIVERED RIGHT
TO YOUR DOOR



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WATERMELON AND MIXED PEPPER SALAD

WITH CUCUMBER AND CHERRY TOMATOES

Ingredients:

- Lettuce (chopped)
- Mixed peppers (sliced thin)
- Cherry tomatoes (halved)
- Cucumber (sliced)
- Watermelon (cubed)
- Curled parsley (chopped)
- Feta cheese (optional)
- Olive oil
- Lemon Juice
- Salt and pepper to taste

Directions:

- In a large bowl, combine lettuce, watermelon, mixed peppers, cherry tomatoes, cucumber and parsley.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper.
- Toss gently to combine.
- If desired, sprinkle crumbled feta cheese on top before serving.

ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

Did You Know...?

FUN FACTS ABOUT YOUR FOOD

Q: I'm not a huge fan of Red Beets. Is there anything I should know about Golden Beets?

Golden Beets have a sweeter, milder flavor compared to red beets. They lack the earthy, sometimes bitter taste that is often associated with red beets, making them more palatable for those who find red beets too strong.

*When cooked, **Golden Beets** have a slightly more tender, less fibrous, texture which can result in a smoother bite.*



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