

August 20th & 21st, 2024

THE BOUNTY BUGLE

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WHAT'S IN YOUR LOCAL BOUNTY

- Basil | Filigreen Farm, Boonville
- Carrots | Big Mesa Farm, Comptche
- Baby Beets | Filigreen Farm, Boonville
- Summer Squash | Filigreen Farm, Boonville
- Microgreens | J.E.T. Microgreens, Fort Bragg
- Mixed Candy Onions | Black Dog Farm, Willits
- Potatoes | Wild Rose Farm, Blue Lake

BOX ONLY

Peaches | Langdon Day Farms, Potter Valley

KEEP SUPPORTING YOUR FARMERS

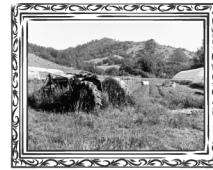
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bigmesafarm.com
IG: @bigmesafarm



filigreenfarm.com
IG: @filigreenfarm



blackdogfarmcatering.wordpress.com
IG: @mendograss



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ROASTED SUMMER VEGETABLE SALAD

WITH BASIL-PEACH VINAIGRETTE

Ingredients:

- 4-5 carrots (sliced)
- 4-5 baby beets (quartered)
- 1-2 summer squash (sliced)
- 4-5 small potatoes (cubed)
- 1 candy onion (sliced)
- 1 cup microgreens
- 2 peaches (diced)
- Handful of basil leaves
- 2 tbsp olive oil
- 1 tbsp white balsamic vinegar
- (Optional) 1 tsp honey
- Salt and pepper to taste

Directions:

- Preheat oven to 400°F (200°C). Toss carrots, beets, squash, potatoes, and onion with olive oil, salt, and pepper. Roast on a baking sheet for 25-30 minutes until tender and caramelized.
- Blend peaches, basil, olive oil, vinegar, salt, pepper, and honey until smooth.
- Arrange roasted vegetables on a platter, top with microgreens, and drizzle with the vinaigrette.
- Serve warm or at room temperature. Pair with grilled proteins or add cheese, nuts, or grains for variety. Enjoy!

ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

Did You Know...?

FUN FACTS ABOUT YOUR FOOD

Q: I love fresh Basil, but how can I preserve its flavor for use in winter months?

*To preserve the flavor of **Basil**, you can try freezing whole or making (and freezing) basil-infused oil.*

*For freezing, blanch the **Basil** leaves, cool them in an ice bath, then dry, and spread them out on a baking sheet to freeze. For **Basil**-infused oil, blend basil with olive oil, then pour the mixture into ice cube trays, and freeze. Both methods keep basil's flavor fresh for off-season use.*



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