

August 27th & 28th, 2024

THE BOUNTY BUGLE

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WHAT'S IN YOUR LOCAL BOUNTY

Cucumber | Folk Life Farm, Covelo

Dill | Golden Rule Gardens, Willits

Slicer Tomatoes | Folk Life Farm, Covelo

Gem Lettuce | Golden Rule Gardens, Willits

Oyster Mushrooms | Mulligan Gardens, Laytonville

Sweet Peppers | Folk Life Farm, Covelo

BOX ONLY

Watermelon | Oak Valley Farm, Upper Lake

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GEM LETTUCE CUCUMBER WRAPS

WITH OYSTER MUSHROOMS AND SWEET PEPPERS

Ingredients:

- 1 head of gem lettuce, leaves separated
- 1 cup oyster mushrooms, thinly sliced
- 1 sweet pepper, julienned
- 1 cucumber, julienned
- 1 tablespoon olive oil
- Fresh dill for garnish
- Salt and pepper to taste

Directions:

- Heat olive oil in a pan over medium heat. Add the oyster mushrooms and cook until tender and slightly golden, about 5 minutes. Season with salt and pepper.
- Lay the gem lettuce leaves on a serving platter.
- Fill each lettuce leaf with sautéed mushrooms, julienned sweet peppers, and cucumber.
- Garnish with fresh dill and serve immediately as a light and refreshing appetizer. Enjoy!

ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

Did You Know...?

FUN FACTS ABOUT YOUR FOOD

Q: Now, I've heard about grilling Watermelon, but are there other unique ways to prepare it?

Watermelon rind can be pickled – a traditional Southern delicacy in the U.S. The often-discarded white rind is brined and simmered in a sweet, spiced vinegar, creating a tangy, crunchy treat.

It pairs well with cheese, charcuterie, or as a unique addition to sandwiches and salads, offering a delicious way to reduce food waste.



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