

September 24th & 25th, 2024

# THE BOUNTY BUGLE

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mendolakefoodhub.org

## WHAT'S IN YOUR LOCAL BOUNTY

- Garlic | Nye Ranch, Fort Bragg
- Asian Greens | Folk Life Farm, Covelo
- Mixed Onions | Black Dog Farm, Willits
- Cherry Tomatoes | Big Mesa Farm, Comptche
- Summer Squash | Filigreen Farm, Boonville
- Microgreens | J.E.T. Microgreens, Fort Bragg
- Red Butter Lettuce | Golden Rule Gardens, Willits

### BOX ONLY

Golden Delicious Apples | Filigreen Farm, Boonville

# KEEP SUPPORTING YOUR FARMERS

*Cut and Share* ✂️



goldenrulegardens.com  
IG: @goldenrulegardens



Folk Life Farm

folklifefarmstead.com  
IG: @folklifefarm



bigmesafarm.com  
IG: @bigmesafarm



filigreenfarm.com  
IG: @filigreenfarm



blackdogfarmcatering.wordpress.com  
IG: @blackdogfarmcatering



nyeranch.com  
IG: @nyeranchfarm



LOCAL BOUNTY  
DELIVERED RIGHT  
TO YOUR DOOR



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# SAUTÉED APPLE AND ONION

WITH GARLIC AND GREENS

## Ingredients:

- 2 Golden Delicious apples, sliced
- 1 cup mixed onions, thinly sliced
- 3 cloves garlic, minced
- 1 bunch Asian greens, chopped
- 1 tbsp apple cider vinegar
- Olive oil
- Crushed red pepper (optional)
- Salt and pepper to taste

## Directions:

- Heat olive oil in a large pan over medium heat. Add the sliced onions and cook until softened, about 5-6 minutes.
- Add garlic and apple slices, and sauté until the apples start to caramelize and soften, about 4-5 minutes.
- Add the Asian greens and cook until wilted, 2-3 minutes. Season with salt, pepper, and a splash of apple cider vinegar.
- Serve as a side dish with roasted meats or as a vegetarian main over rice or quinoa.

*Optional: Sprinkle with crushed red pepper flakes for a spicy kick.*

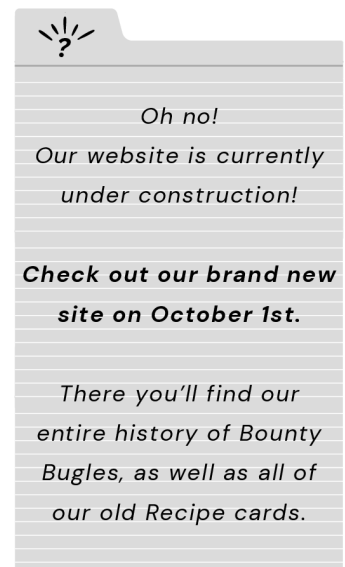
# ENJOYING LOCAL BOUNTY? TELL YOUR NEIGHBORS

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

FUN FACTS ABOUT YOUR FOOD

**Q:** What am I supposed to do with all these waxed boxes that my Local Bounty comes in?

*You can help reduce waste by leaving your **waxed boxes** near where you receive your delivery for us to collect and reuse. These sturdy boxes are designed for at least 10 uses, but their wax unfortunately excludes them from most recycling and composting options. So leave out your **waxed boxes** for us to collect and reuse, as a simple way to support sustainability!*



Mendo Lake Food Hub  
is a program of

**NCO** NORTH COAST  
OPPORTUNITIES