



# MARKET BOX



## FEATURED RECIPE

### Edamame Tacos w/ Tomatillo Salsa

#### INGREDIENTS

- 1 pound of protein (ground beef, pulled chicken, black beans etc.) of your choice, *cooked and seasoned to your liking*
- 1 cup edamame, *shelled and cooked*
- 2 cups arugula
- 2 green onions, *chopped*
- 1 large carrot, *grated*
- 8 small corn of flour tortillas
- 2 tbs olive oil
- 1 tbs lime juice
- Salt and pepper to taste

#### For the salsa:

- 5-6 tomatillos, *husked and rinsed*
- 1-2 jalapeños (adjust for spice), *stemmed*
- 1/2 small onion, *roughly chopped*
- 1-2 cloves garlic, *peeled*
- Juice of 1 lime
- Salt to taste
- Fresh cilantro (optional)



#### INSTRUCTIONS

##### For the salsa:

1. Optional but for additional flavor, roast your vegetables ahead of time. Preheat your oven broiler. Place the whole tomatillos, jalapeños, onion and garlic on a baking sheet. Broil for about 5-7 minutes, turning occasionally, until charred.
2. In a blender or food processor, combine the roasted (or raw) tomatillos, jalapeños, onions and garlic. Add lime juice and a pinch of salt. Blend until smooth or until you reach your desired consistency.
3. Taste the salsa and adjust seasoning with more salt or lime juice as needed. Set aside.

##### For the tacos:

1. For the tacos: In a bowl, combine the cooked protein, cooked edamame, chopped green onions, and grated carrot. Drizzle with olive oil and lime juice. Season with salt and pepper, then mix well.
2. Heat the tortillas in a dry skillet over medium heat for about 30 seconds on each side, or until warm and pliable.
3. Place a handful of arugula on each tortilla, then spoon the tomatillo and edamame mixture on top.
4. Drizzle on tomatillo salsa and serve.

##### Serving Suggestions:

- Serve with slices of avocado, shredded cheese, or any of your favorite taco toppings.
- Garnish tomatillo salsa with fresh chopped cilantro and serve with tortilla chips if desired.

#### Technique Tips

w/ clickable links



Preparing edamame: cook in the shells in boiling salted water until beans float to the top, around 5 minutes. Allow to cool, and push beans out of their pods to remove shell.

Husking Tomatillos: peel back the husks from the smooth green skin. Be sure to wash the flesh before cooking to get rid of sticky film left by the husks.



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# What's in my Produce Prescription?

Fruit/Veggie	Storage	Preparation	Recipes <small>*w/ clickable links*</small>
<b>Tomatillos</b> Flat Tack Farm Vancouver, WA <span style="color: #8B4513;">●</span>	Store in an unsealed paper bag in the fridge with the husks on.	Tomatillos can be used to make salsa. Remove the husks before cooking and wash thoroughly to remove the stickiness.	<a href="#">Chicken Tomatillo</a> <a href="#">Fried Green Tomatillos</a> <a href="#">Tomatillo Salsa Verde</a>
<b>Edamame</b> Volehalla Farm Ridgefield, WA <span style="color: #8B4513;">●</span>	Store fresh edamame in a refrigerator in a perforated plastic bag or freeze.	Edamame can be steamed or boiled. They can also be eaten out of the pod or used in soups, stir-frys, salads, and pastas.	<a href="#">Easy Edamame</a> <a href="#">Spicy Garlic Edamame</a> <a href="#">Asian Edamame Salad</a>
<b>Arugula</b> Volehalla Farm Ridgefield, WA <span style="color: #8B4513;">●</span>	Store in a bag in the crisper drawer of the fridge.	Arugula can be eaten raw, sautéed, or wilted. It can also be added to pizzas, nachos, sandwiches, or wraps.	<a href="#">Creamy Vegan Arugula Soup</a> <a href="#">Orzo w/ Feta &amp; Arugula</a> <a href="#">Southern Italian Style Arugula Salad</a>
<b>Green Onions</b> Sprout & Blossom Farm Vancouver, WA <span style="color: #8B4513;">●</span>	Store in the crisper drawer of the fridge.	Green onions can be added to salads, vinaigrettes, or stir-fries. They can also be chopped and used fresh on top of dishes.	<a href="#">Pork Stir Fry w/ Green Onion</a> <a href="#">Green Onion Cakes</a> <a href="#">Green Onion Soup</a>
<b>Carrots</b> Quackenbush Farm Eagle Creek, OR <span style="color: #388E3C;">●</span>	Store unwashed in fridge.	Carrots can be roasted, sautéed, or used in baked goods.	<a href="#">Carrot Ginger Soup</a> <a href="#">Gajar Halwa</a> <a href="#">Vegan Carrot Cake</a>
<b>Jupiter Grapes</b> Heidi's Fancy Goods Amboy, WA <span style="color: #8B4513;">●</span>	Store unwashed in the crisper drawer in the fridge.	Like other red grapes, Jupiter Grapes can be enjoyed raw or made into jam, sorbet, and baked goods.	<a href="#">Crostini with Roasted Grapes</a> <a href="#">Sausage and Jupiter Grapes Galette</a>

● Organic Practices - Not Certified    
 ● Certified Organic    
 ● Conventional

## PRODUCE HIGHLIGHT



### Tomatillos

Tomatillos, also known as "husk tomatoes," are small, round fruits native to Mexico and Central America. They belong to the nightshade family, alongside tomatoes, peppers, and eggplants. Tomatillos are typically green or yellow and are encased in a papery husk that protects the fruit as it ripens. They have a tart flavor, making them a popular ingredient in salsas, sauces, and various Mexican dishes.

Nutritionally, tomatillos are low in calories but rich in vitamins C and K, as well as antioxidants. They can be eaten raw, but cooking enhances their flavor and sweetness, often leading to a deeper, more complex taste profile. Their versatility and unique taste make them a favorite among chefs and home cooks alike.

## PRODUCE HIGHLIGHT



### Edamame

Edamame refers to young, green soybeans harvested before they fully mature. Originating in East Asia, these beans are commonly enjoyed as a nutritious snack or appetizer. Edamame is rich in protein, fiber, and essential vitamins and minerals, making it a popular choice for vegetarians and health-conscious eaters. Typically steamed or boiled in their pods, edamame is often lightly salted and can be served warm or cold.

The beans are not only versatile, used in salads, stir-fries, and soups, but they also have a mild, slightly nutty flavor. In addition to their culinary appeal, edamame is celebrated for its health benefits, including promoting heart health and supporting muscle growth due to its high protein content.