



MARKET BOX

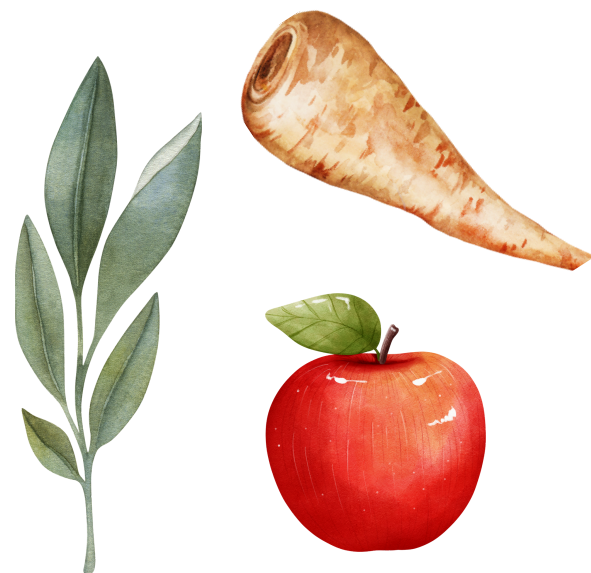


FEATURED RECIPE

Roasted Squash and Parsnip Soup

INGREDIENTS

- 1 large butternut squash, *halved lengthwise*
- 2 tablespoons olive oil, *more for frying and drizzling*
- 1 pound parsnips, *peeled and halved lengthwise*
- 2 leeks, white and light-green parts only, *halved lengthwise and thoroughly washed*
- 1 tablespoon chopped fresh sage leaves
- 2 Fuji apples, *halved and cored*
- 1 quart low-sodium chicken broth
- 1 stick unsalted butter
- Salt and pepper to taste
- Optional: toasted pumpkin seeds or sesame seeds for serving
- Optional: 1 tablesoon dried or fresh thyme



INSTRUCTIONS

1. Preheat your oven to 400 degrees. Scoop seeds and pulp from squash and discard. Optional: lightly coat the seeds in oil, season with salt and roast on a rimmed baking sheet for 20 minutes to use as garnish.
2. On a rimmed baking sheet, rub squash halves with 1 tbs oil and season with salt; turn cut sides down.
3. Toss parsnips and leeks with remaining 1 tbs of oil, season with salt and sprinkle evenly with chopped sage. Spread in a single layer on an additional baking sheet.
4. Roast both baking sheets for 30 minutes. Add apples to sheet with squash, cut-sides up. Continue roasting until vegetables turn golden brown in places and are easily pierced with the tip of a knife, 15-20 minutes more.
5. When cool enough to handle, scoop flesh from squash; transfer half to a blender with half of other vegetables and apples, 2 cups broth, and 1 cup water. Puree until smooth, adding more water as needed if too thick.
6. Pour through a strainer into a pot. Repeat process with remaining vegetables, apple, broth and 1 more cup water.
7. Melt butter in a small saucepan over medium heat, swirling occasionally until fragrant, golden brown and dark-brown sediment particles form in bottom of pan, 8 to 10 minutes. Stir brown butter into soup; season with salt and pepper.
8. Rewarm soup on medium-low heat, adding more water as necessary until desired consistency.

Serving Suggestions:

- For a vegan option, omit the brown butter and add 3/4 cup of coconut milk.
- Add additional herbs (such as thyme) or seasonings to your oiled vegetables prior to roasting
- Serve with toasted squash seeds on top, or use 1-2 sage leaves, fry lightly in a pan for 20 to 30 seconds.
- Additional toppings could include toasted croutons, or crisped up sliced prosciutto

ADAPTED FROM MARTHA STEWART ONLINE



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What's in my Produce Prescription?

Fruit/Veggie	Storage	Preparation	Recipes *w/ clickable links*
<p>Sage Dilish Farm Vancouver, WA</p>	Wrap the sage leaves in paper towels and put them in a plastic bag in the fridge.	Sage is commonly used to season poultry or sausage, infuse butter, or to add flavor to root vegetables.	Chicken w/ Sage Sage and Onion Stuffing Pasta w/ Butter, Sage, and Parmesan
<p>Butternut Squash Volehalla Farm Ridgefield, WA</p>	Store at room temperature.	Butternut squash can be roasted, whole or cubed, or made into soup or curry. Do not eat the skin.	Butternut Squash Green Chili Chicken Soup Instant Pot Butternut Squash Risotto
<p>Parsnips Volehalla Farm Ridgefield, WA</p>	Store unwashed in the fridge.	Parsnips can be roasted or shaved thin to eat raw.	Roasted Parsnips Confit and Grilled Parsnips w/ Herbs and Vinegar
<p>Fuji Apples Amador Farm Yakima, WA</p>	Store in the crisper drawer of the fridge in a plastic bag with holes in it or cover with a damp paper towel.	Apples can be eaten fresh, used to make applesauce, or added to crisps, oatmeal, and salad.	Easy Apple Crisp Apple Pie Filling w/ Fuji Apples Fuji Apple Chips
<p>Head Lettuce Harvest Moon Farm Ridgefield, WA</p>	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Seared Steak Lettuce Cups Vietnamese Spring Rolls
<p>Leeks Quackenbush Farm Eagle Creek, OR</p>	Wrap in a plastic bag in the crisper drawer of the fridge.	Leeks add sweet, oniony flavor to soups, stews, and pastas. Use white and light green parts only!	Stir-Fried Beef w/ Leeks and Onions Buttered Sauteed Leeks Sri Lankan Potatoes and Leeks Curry

● Organic Practices - Not Certified
 ● Certified Organic
 ● Conventional

PRODUCE HIGHLIGHTS



Fuji Apples

The Fuji apple, a popular apple variety, is known for its crisp texture and sweet flavor. Originating in Japan in the late 1930s, it is a cross between the Red Delicious and Ralls Janet apples. Fuji apples are characterized by their dense, juicy flesh and a striking red and yellow striped skin. They are versatile, making them great for snacking, baking, and salads. High in fiber and vitamin C, Fuji apples also boast a long shelf life, retaining their freshness for months when stored properly. Their sweet taste and appealing crunch have made them a favorite among apple lovers worldwide.



Parsnips

Parsnips are root vegetables closely related to carrots and parsley, known for their sweet, nutty flavor and creamy white color. They thrive in cooler climates and are typically harvested after the first frost, which enhances their sweetness. Parsnips are rich in vitamins C and K, fiber, and antioxidants, making them a nutritious addition to a balanced diet. They can be prepared in various ways, including roasting, mashing, or adding to soups and stews. Additionally, parsnips can be a versatile substitute for potatoes, offering a unique taste and texture in many dishes. Their peak season is fall and winter, making them a hearty choice for seasonal cooking.