

EAT SEASONABLY.

# Farm to Families



## Box Contents

| Items          | Qty.    | Origin          |
|----------------|---------|-----------------|
| Artichokes     | 2 each  | Castroville, CA |
| Beets          | 3 count | Bakersfield, CA |
| Broccoli       | 1 head  | Santa Maria, CA |
| Garlic         | 2 each  | Gilroy, CA      |
| Iceberg        | 1 head  | Salinas, CA     |
| Mushrooms      | 1 pint  | San Jose, CA    |
| Onions, Yellow | 2 each  | Oxnard, CA      |
| Parsley        | 1 bunch | Salinas, CA     |
| Roma Tomatoes  | 1 pound | Fresno, CA      |
| Snow Peas      | 1 bag   | Fresno, CA      |
| Strawberries   | 1 pint  | Watsonville, CA |
| Zucchini       | 2 each  | Fresno, CA      |



# How to Cook Artichokes

1



2



Trim the Leaves

3



Cut Inch off Top

4



Steam 25-45 min

5



Peel Leaves Easily

## Black & Beet Mushroom Veggie Burgers

Serves 4 🌿 Total Time 60 min

### Ingredients (\*in your box)

- 1 ¼ cups canned black beans, drained, rinsed & mashed
- 1 cup cooked black rice, (1/2 cup uncooked)
- ¼ cup raw beets, grated\*
- 1 ¼ cups fresh mushrooms\*
- ½ - ¾ cup walnuts, processed until fine and crumbly
- 1 tsp smoky Spanish paprika
- 1 Tbsp. spicy brown mustard
- ½ tsp apple cider vinegar
- ½ tsp salt & pepper
- flax liquid: 1 ½ Tbsp. veggie broth + 1 ½ tsp ground flax seeds



### Directions

1. Preheat oven to 375 degrees. Grease the pan. I use coconut oil.
2. Cook black rice. I use about 1/2 cup of rice and 1 cup of water or veggie broth. Add a pinch of salt if using water. Cover with lid and bring to a boil, then reduce heat to a simmer for about 25-35 minutes or until rice is tender. Check on the rice about 20 minutes into cooking and add another splash of water if you the rice looks a bit too dry.
3. In a large mixing bowl, add the rinsed beans. Mash them well with a fork. In a blender or food processor, process the walnuts until they are crumbly and powdery. Add them to the mixing bowl. Process the mushrooms the same way you did the walnuts, only the mushrooms with just be very crumbly, not powdery. Add them to the mixing bowl.
4. Add the cooked rice, beets, spices and all other ingredients for the veggie burgers to the mixing bowl. Start mashing with a fork and fold for about 5 minutes. You really want a very mashed and thick consistency.
5. You should be able to directly handle the mixture and form into patties. If the mixture is too wet you can either fold in a bit more walnuts, a spoonful of oat flour or you can place the mixture in the fridge to chill up a bit. If the mixture is too thick for your tastes, you can add in a tiny splash of veggie broth, until it thins out a bit. Form patties and place on the baking sheet. Spray or brush the tops of the patties with coconut oil.
6. Bake patties at 375 for 25 minutes. Cool a bit before transferring to buns. Serve with any burger toppings you'd like!

# BETTS

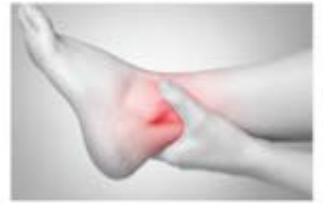
1

CANCER-FIGHTING  
ANTIOXIDANTS



2

ANTI-  
INFLAMMATORY



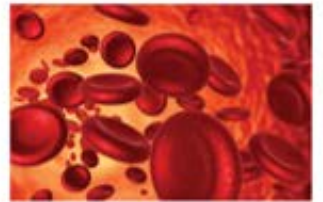
3

SUPPORTS  
HEART HEALTH



4

DETOXES THE  
BLOOD



5

CONTAINS  
ANTI- AGING  
PROPERTIES



6

BOOSTS **ENDURANCE,**  
**STAMINA, & MUSCLE**  
**RECOVERY**





# Stuffed Artichokes

Serves 2

## Ingredients (\*in your box)

- **2 artichokes\***
- 3/4 cup ricotta cheese
- **2 cloves garlic, minced\***
- 1 cup fresh breadcrumbs
- 1/2 cup grated Parmesan
- **1/4 cup chopped parsley\***
- 1 T olive oil
- 2 T butter
- 2 T lemon juice
- salt and pepper

## Directions

1. Mix together bread crumbs, garlic, cheese, parsley, and salt/pepper.
2. Stir into ricotta until well combined.
3. Wash and trim your artichokes by slicing off the stem and the tops and removing as much of the choke as you can with a spoon. After trimming, place in a bowl of water and lemon juice to keep them from browning.
4. Then, stuff as much of the filling as you can in between the petals and in the center.
5. Drizzle with oil and steam in a large pot with a steamer basket for 30 - 45 minutes, or until a knife goes through the center with little resistance. Place in a baking sheet, drizzle melted butter over the tops and place under a broiler for 5 minutes. Serve and enjoy!





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