

EAT SEASONABLY.

Farm ^{to} Families



Box Contents



Items	Qty.	Origin
Celery	1 Stalk	Salinas, CA
Blackberries	1 Pint	Watsonville, CA
Grape Tomatoes	1 Pint	Salinas, CA
Cilantro	1 Bunch	Salinas, CA
Cucumbers	2 Each	Salinas, CA
Limes	2 Each	Bakersfield, CA
Peaches	4 Each	Reedley, CA
Red Onions	2 Each	Oxnard, CA
Romaine Lettuce	1 Head	Salinas, CA
Russet Potatoes	5 Each	Bakersfield, CA
Strawberries	1 Pint	Watsonville, CA
Sweet Corn	4 Cobs	Fresno, CA
Zucchini	2 Each	Fresno, CA

Health Benefits

Corn

While it might sound surprising, corn is actually a unique phytonutrient-rich food that provides us with well-documented antioxidant benefits. In terms of conventional antioxidant nutrients, corn is a good source of the mineral manganese.

Zucchini

Zucchini is one of the very low calorie vegetables, providing only 17 calories per 100 g. Its peel is good source of dietary fiber too!

Peaches

Peaches are the perfect snack food for losing weight. A peach makes you feel full and keeps you from overeating. The bonus: one peach only contains about 35–50 calories and no fat!

Celery

It contains “good” salts. Yes, celery does contain sodium, but it is not the same thing as table salt. The salt in celery is organic, natural and essential for your health.



Grilled Peaches & Cream



Serves: **8**

Ingredients

- 1 cup heavy cream
- 1 cup plain Greek yogurt (0% fat)
- 1 2 inch piece vanilla bean, split lengthwise
- 4 tablespoons sugar (granulated, brown or organic coconut palm), divided
- 4 peaches, halved and pitted
- 1 pint blackberries (optional) for garnish and extra fruit
- mint leaves for garnish

Directions

Heat grill to medium. Scrape the seeds from the vanilla bean into a medium bowl. Combine seeds, yogurt, bean, and 2 tablespoons sugar. Let flavors blend for 1 hour. Discard bean. In a large bowl, use an electric mixer to whip the cream and 2 tablespoons of the sugar until it holds medium peaks (2 to 4 minutes). Gently fold in the yogurt and set aside. Grease the grill grates and grill the peaches cut side down for 3-4 minutes or until tender. Top each peach with a couple of spoonfuls of the yogurt cream. Garnish with blackberry and mint. Serve with remaining berries on the side.

Shuck Corn in Seconds



Step 1

Take a sharp knife and chop the end of the cob off, just above the first row of kernels. Don't cut the end that has silk coming out, you want to cut the bottom end.



Step 2

Place the corn in the microwave. Cook for 3 minutes on high heat. Depending on your microwave you might have to cook it longer or shorter.



Step 3

Pick up the corn with oven mitts, the corn will be hot. Hold the top of the corn, part with the silk, firmly with the mitts or towel and squeeze downward. As you squeeze the husk the corn will slide right out of the husk and all the silk will stay in the husk.



Did You Know...



On average an ear of corn has 800 kernels in 16 rows.



An ear or cob of corn is actually part of the flower and an individual kernel is a seed.



Corn will always have an even number of rows on each cob.



Corn can be mass produced in various colors including blackish, bluish-gray, purple, green, red, white and the most common yellow.



Chili Lime Sweet Corn Salad

Serves: **3-5**

Ingredients

- 4 ears of corn, husk & silk removed
- 2 tablespoons melted butter
- 2 tablespoons freshly squeezed lime juice
- 1/2 teaspoon chili powder
- 1 tablespoons chopped cilantro
- 1/2 cup crumbled queso fresco*
- 1/4 teaspoon salt (or to taste)

Directions

In a large pot, bring water to a boil.

Boil the corn for 3 minutes, then remove and allow to cool slightly so that they can be handled.

Cut kernels off the cob into a large bowl. Set aside.

In a small bowl, whisk together butter, lime juice, chili powder, and chopped cilantro.

Pour the chili lime mixture over the corn and mix to coat.

Add the crumbled queso fresco and stir. Season with salt to taste.

Serve at room temperature. Refrigerate leftovers.





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