

EAT SEASONABLY.

Farm to Families

4th of July
EDITION



Box Contents

Item	Qty.	Origin
Baby Carrots	1 Bag	Bakersfield, CA
Cauliflower	1 Head	Salinas, CA
Green Grapes	1 Bag	Fowler, CA
Iceberg Lettuce	1 Head	Salinas, CA
Mini Watermelon	1 Each	Mendota, CA
Mushrooms	12 Each	San Jose, CA
Pico de Gallo	1 Each	Fresno, CA
Plums	4 Each	Sanger, CA
Raspberries	1 Pint	Watsonville, CA
Red Leaf Lettuce	1 Head	Salinas, CA
Strawberries	1 Pint	Watsonville, CA
Tomatoes	2 Each	Fresno, CA
Yellow Onions	2 Each	Oxnard, CA

Caprese Stuffed Mushrooms

Serves 6

Ingredients

- 12 White Mushrooms
- 1 Large Tomato
- Shredded or Fresh Mozzarella
- Fresh Basil
- Olive Oil

Directions

1. Heat oven to 400 degrees.
2. Line a baking sheet with foil for easy clean up.
3. Brush the caps and rims with olive oil on each mushroom.
4. Slice or dice up tomato, place in a bowl, drizzle with olive oil, add chopped basil, salt and pepper. Let it sit for a few minutes to let the flavors meld.
5. Place your cheese on the bottom of the mushroom cap, spoon on the tomato basil mixture and bake until cheese melts and mushrooms are cooked but not overcooked.
6. Cut in quarters and serve as appetizers.



Patriotic Strawberries

Serves 6 🍴 Total Time 20 min

Ingredients

- 1 Dozen of Strawberries
- 1 Bag of White Chocolate Chips
- Blue Sugar Crystals

Directions

1. Wash strawberries, keep stem on. Dry fully.
2. Melt some white chocolate chips in a bowl in the microwave.
3. Dip the fresh strawberries in the melted chocolate, allow to dry. Tip – Place on foil to allow for easy removal when dry.
4. Roll ends in blue sugar or sprinkles.
5. Keep chilled until served.



#DidYouKnow July 4th is Independence Day or also known as America's birthday in the United States.

10 Benefits of Watermelon

- 1. Boosts Immunity** As a prominent vitamin C food, eating watermelon helps improve immune function, shorten the duration of sickness and improve symptoms.
- 2. Helps Manage High Blood Pressure and Improves Heart Health** Watermelon helps prevent both low potassium and magnesium deficiency, and these are two critical nutrients used to help remedy high blood pressure naturally.
- 3. Relieves Pain and Muscle Soreness** Studies have shown that watermelon's supply of the amino acid l-citrulline is effective at reducing muscle soreness.
- 4. Prevents Kidney Stones** Watermelon is a natural diuretic, meaning it helps to increase urine production that takes waste out of the body with it.
- 5. Detoxifies the Body** Watermelon is made up of mostly water, with about 91 percent of the fruit being H₂O.
- 6. Can Help Fight Cancer** The carotenoid phytonutrient lycopene that is present in watermelon has been linked to fighting breast & prostate cancer.
- 7. Protects Skin Health** Antioxidants like these protect skin from damaging free radicals that are produced when skin is exposed to harmful ultraviolet light or allowed to age naturally.
- 8. Boosts Eye Health** Watermelon is a supplier of beta carotene, form of vitamin A found in plants, which plays a role in preventing macular degeneration, leading cause of blindness.
- 9. Can Help with Weight Loss** Watermelon is very low in calories due to its high water content, yet offers important nutrients.
- 10. Helps Relieve Acid Reflux** All types of melon varieties are usually effective as an acid reflux natural cure.



Fourth of July

Did You Know...

- We celebrate the 4th of July because it represents the day that America became separate from British rule. Under British rule the Colonists were unhappy with British government. They felt they were unfairly taxed and had no vote on the laws that affected them.
- The colonists decided to write a document announcing they were no longer part of the British government and they were going to be a new nation called the United States of America.
- This document is known as the Declaration of Independence.
- On July 4th 1776 the Declaration of Independence was signed giving the United States freedom from Great Britain.
- The first person to sign the Declaration of Independence was John Hancock.



Cut Cauliflower Florets



1 Remove the Stem and Leaves

Then turn the cauliflower on its side and slice off the stem flush with the base of the crown. Remove any remaining leaves and reserve for a later use or discard.

2 Halve the Head of Cauliflower

For stability, place the head of cauliflower trimmed-side-down on a cutting board, then cut it in half with a chef's knife.

3 Quarter the Head of Cauliflower

Cut each half in half to quarter the head of cauliflower.

4 Remove the Rest of the Stem

To begin breaking the head into florets, use the tip of the knife to remove the stem.

5 Trim the Cauliflower Florets into Equal-Sized Pieces

Gently tease apart the florets, trimming away any large pieces of remaining stem.

6 Rinse and Dry the Florets

Rinse the cauliflower florets in a colander and then gently dry them before roasting, steaming, frying, or even pickling the florets.



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