

EAT SEASONABLY.

Farm ^{to} Families



Box Contents



Items	Qty.	Origin
Bok Choy	1 LB	Santa Maria, CA
Cantaloupe	1 EA	Mendota, CA
Corn	4 Ears	Fresno, CA
Cucumbers	2 EA	Salinas, CA
Grapefruit	2 EA	Fowler, CA
Green Bell Peppers	2 EA	Fresno, CA
Pears	4 EA	Kingsburg, CA
Romaine Lettuce	1 Head	Salinas, CA
Shallots	2 EA	Gilroy, CA
Strawberries	1 PT	Watsonville, CA
Sugar Snap Peas	1 Bag	Salinas, CA
Vine Tomatoes	1 Bunch	Salinas, CA
Yams	2 EA	Bakersfield, CA

3 Way to Cook Bok Choy

Although bok choy is a staple in Asian dishes, you can use it in cuisines from any number of cultures. It takes only minutes to prepare, lends itself to multiple variations, and provides a hint of crispness and a mild flavor that's reminiscent of cabbage.



Roasted

Set oven at 450°

1 tbsp Olive Oil

Sprinkle S&P

5-6 Minutes

Squeeze Lemon on
Top



Steamed

Boil ½ Cup Water

Stems First, then
Leaves

5 Minutes

Top with S&P or Soy
Sauce



Sauteed

1 tbsp Olive Oil

Medium/High Heat

Add Minced Garlic

Stir constantly, until
leaves are wilted

Sprinkle S&P

Recipe Beverages

Grapefruit Smoothie



Ingredients

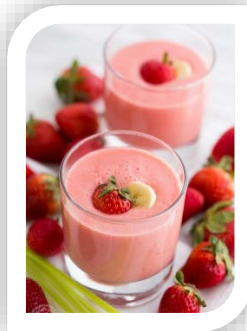
- 1 grapefruit
- 1 banana
- 1 ½ cups strawberries
- ¾ cup orange juice

Directions

Cut the ends off the grapefruit so you can see the pink flesh. Using that as a guide trim away the skin and the white pith until you have just the grapefruit flesh remaining.

Place grapefruit and all other ingredients in blender and process until smooth.

Strawberry Smoothie



Ingredients

- 1 cup coconut milk, original
- 1 cup strawberries
- 1 banana
- 1 cup frozen pineapple chunks

Directions

Combine all of your ingredients in your blender in the order that they are listed (liquid on the bottom and frozen on top).

Blend until smooth and serve to the folks who have probably formed a line behind you.

Health Benefits



Bok Choy

As an excellent source of vitamin C, vitamin A (in the form of carotenoids), and manganese, and a good source of zinc, bok choy provides us with a concentration of these core conventional antioxidants.

Grapefruit

Grapefruit is an excellent source of vitamin C, a vitamin that helps to support the immune system.

Yams


Yam is a good source of energy; 100 g provides 118 calories. Its crunchy edible part chiefly composed of complex carbohydrates and soluble dietary fiber.

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.




Did You Know...




When grapefruit was first discovered, it was called the "Forbidden Fruit".




Grapefruit is the state fruit of Texas.




Grapefruit got its name because it grows in clusters like grapes.




February is national Grapefruit month.



Grapefruits were first found growing on the island of Jamaica, in the Caribbean.



Today Florida produces about 70% of all the world's Grapefruits.



Fresh grapefruit from California and Arizona are available all year and come in several colors including pink, red, white and

Herb Roasted Chicken & Yams

Serves: **4**

Ingredients

- 2 pounds chicken thighs
- 1 teaspoon salt
- 1 teaspoon olive oil
- 2 large Yams, peeled and thinly sliced
- 1 cup sliced, peeled shallots
- 3 whole garlic cloves, crushed & peeled
- Several whole sprigs of fresh tarragon or thyme (optional)

Vinaigrette 2 tbsp red wine vinegar, 1 tbsp olive oil, 2 teaspoons Dijon mustard, 1 teaspoon Italian seasoning, ½ teaspoon salt & ½ teaspoon ground black pepper

Directions

1. Preheat oven to 375°F. Sprinkle all sides of chicken thighs with kosher salt and set aside.
2. In a small bowl whisk together the red wine vinegar, olive oil, Dijon mustard, Italian seasoning, 1/2 teaspoon salt, 1/2 teaspoon freshly ground black pepper.
3. Spread a teaspoon of olive oil over the bottom of a large (9x13-inch) casserole dish. Cover the bottom of the dish with the thinly sliced potatoes. Sprinkle with salt and pepper. Distribute the sliced shallots over the potatoes, and sprinkle again with a little salt and pepper.
4. Place the chicken thighs, skin-side up, on top of the shallots. Wedge the garlic cloves between pieces of chicken. If you have fresh herbs such as tarragon or thyme, you can wedge them in along the border, between the chicken pieces and the dish. Whisk the vinaigrette again and pour it over the chicken, spreading it with your fingers to make sure the chicken is well coated.
5. Bake uncovered in a 375°F oven for 50 minutes, or until the thighs are well browned and cooked through. Remove and let rest for 10 minutes before serving.





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