

EAT SEASONABLY.

Farm ^{to} Families



www.firstqualityproduce.com | Fresno, CA



Items	Qty.	Origin
Aprium	6 ea.	Modesto, CA
Blueberries	1 pt.	Watsonville, CA
Brussels Sprouts	1 lb.	Half Moon Bay, CA
Fingerling Potatoes	1 lb.	Bakersfield, CA
Lemons	2 ea.	Fowler, CA
Live Butter Lettuce	1 ea.	Salinas, CA
Mini Cucumbers	8 oz.	Riverside, CA
Peaches	4 ea.	Reedley, CA
Red Onions	2 ea.	Oxnard, CA
Rosemary	1 oz.	San Mateo, CA
Sliced Mushrooms	8 oz.	Gilroy, CA
Zucchini	2 ea.	Santa Maria, CA



Aprium & Quinoa Salad

Serves 4-5

Ingredients (*in your box)

- o 1 ¼ cup quinoa
- o 2 ½ cup water
- o **2 apriums, pitted and diced***
- o ½ cup chopped, toasted walnuts
- o ¼ cup chopped red and yellow bell peppers
- o ¼ cup sliced green onions
- o 6 Tablespoons extra virgin olive oil
- o ¼ cup white wine vinegar
- o 1 ½ tablespoon honey
- o ¼ teaspoon salt



Directions

1. Rinse quinoa and drain well. Add to boiling water; reduce heat and simmer, covered, for 12 minutes. Remove from heat and let stand for 5 minutes.
2. Fluff with a fork and let chill for about 30 minutes.
3. Stir together quinoa, aprium, walnuts, peppers and onions in a medium bowl.
4. Whisk together remaining ingredients in a small bowl and pour over salad; toss well to coat all ingredients with dressing.
5. Cover and chill for 1 hour.

Did You Know...

Lemon juice keeps cut pears, apples, bananas and avocados from turning brown.

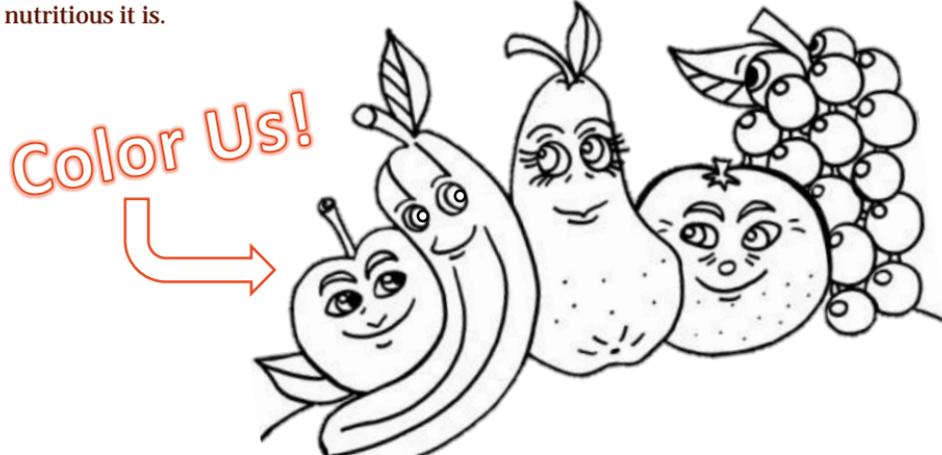
Peaches are a member of the rose family and are related to the almond.

Brussels Sprouts used to be considered a gourmet vegetable in Britain and would be served as a treat with the Christmas dinner.

Zucchini is sometimes called Italian squash or green squash.

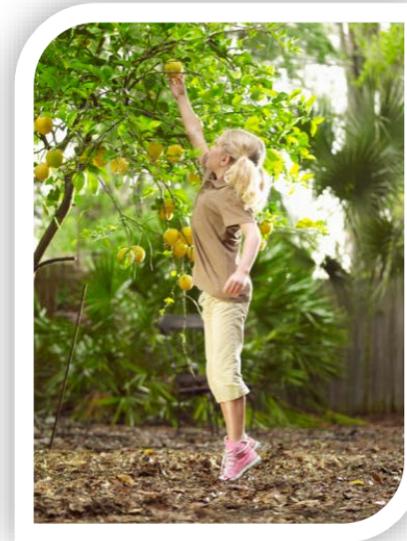
There are over 250 edible **mushrooms** throughout the world.

Lettuce is a member of the sunflower family and the darker the leaf the more nutritious it is.



Peaches

Yellow-fleshed peaches supply beta carotene, which our bodies converts to vitamin A. Also, a good source of vitamin C and provide small quantities of other vitamins and minerals, especially potassium.



Lemons

Like all citrus fruit, lemons are an excellent source of vitamin C. 100ml of our juice has 48mg of vitamin C – enough for one day. Mixed with honey, lemon juice is often used to soothe a sore throat.

Mushrooms

Nutrients are different from those of vegetables and provide most of the B group vitamins, especially riboflavin (B2), niacin (B3), pantothenic acid and biotin, but unlike most vegetables, mushrooms have little vitamin A or C.

Zucchini

Zucchini is a good source of vitamin C and also provides dietary fiber and some folate.

Roasted Brussels Sprouts with Fingerling Potatoes & Rosemary

Serves 4-5  Total Time 50 min

Ingredients (*in your box)

- o 1 $\frac{3}{4}$ pounds fingerling potatoes*
- o 12 ounces Brussels sprouts, trimmed*
- o 3 cloves garlic, minced
- o 2 tablespoons minced fresh rosemary*
- o 4 teaspoons extra-virgin olive oil
- o 1 $\frac{1}{2}$ teaspoons Sucanat sugar or other granulated sweetener
- o $\frac{3}{4}$ teaspoon fine-grain sea salt
- o $\frac{1}{4}$ teaspoon freshly ground black pepper

Gluten-Free  Nut-Free  Soy-Free  Refined Sugar-Free

Directions

1. Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Scrub the fingerling potatoes and pat them dry. Halve the potatoes lengthwise and place them in a very large bowl.
3. Rinse the Brussels sprouts and pat them dry. Slice the Brussels sprouts in half and place them in the bowl with the potatoes.
4. Add the garlic, rosemary, oil, sugar, salt and pepper, and toss with your hands to combine. Transfer the mixture to the prepared baking sheet.
5. Roast for 35 to 38 minutes, stirring once halfway through the baking time, until the potatoes are golden and the Brussels sprouts are lightly charred. Season with more salt and pepper and serve immediately.



Store Fruits & Veggies

Fruits & Vegetables	Countertop	Refrigerator or Cool Storage	Tips
Aprium	Until ripe	Up to 5 Days (ripe)	If refrigerating, wrap in paper towels to protect skin from tearing or bruising.
Blueberries	Not Recommended	Up to 7 Days	Rinse thoroughly before eating.
Brussels Sprouts	Not Recommended	Up to 1 Week	Wash just before eating, store airtight.
Cucumbers	Not Recommended	Storage 7 Days	Keep cool & well ventilated, wash just before eating.
Mushrooms	Not Recommended	In original packaging up to 1 week	Clean just before using, place loose in container with plastic wrap. Poke small holes for ventilation.
Peaches	Until Ripe	Up to 7 Days (ripe)	If refrigerating, wrap in paper towels to protect skin from tearing or bruising.
Onions	Whole: 2-4 weeks Cut: Not Recommended	Whole: 6-8 weeks Cut: up to 1 week if wrapped tightly	Keep cool, dark and well-ventilated; separate from potatoes.