

Because pesticide free means pests...and they love broccoli & cauliflower.

Here's a tried and true method to get ride of pests in your veggies

- Start by filling your sink with cold water. Add in 1/4 cup
- of salt and 2 tbsp of vinegar.
- Let the veggies sit for 20 minutes and rinse the broccoli.
- During this process, the broccoli must be completely covered with the water solution.





Farm Box Meals

RECIPE FOR WEEK OF JAN 25

From Chef Michael

Chicken & Cilantro Curry with Mushrooms & Snap Peas

For the sauce

- 1 bunch cilantro, rough chopped, stems included
- 1 oz ginger, peeled
- 6 garlic cloves
- 2 jalapeños, deseeded, rough chopped
- 1 tsp coriander, ground
- 3 limes, juices and zest
- 1 Tagave or honey

Blend all ingredients until smooth.

For the sauté

- 8 oz chicken 1" cubed
- 8 oz mushroom, halved
- 4 oz snap peas
- 1/2 ea onion, julienned
- 1 tsp salt
- 1 can unsweetened coconut milk

On medium high heat sauté chicken until cooked halfway through, about 4 minutes.

Flip and add mushrooms onion and chicken.

Cook until chicken is cooked through and veggies are tender.

Add curry paste and can of coconut milk.

Turn to low heat and simmer until thick enough to coat a spoon.

Top with mint leaves, cashews and sesame seeds.



New Soups Flavors Order for Next Week's Box

- Braised Brisket & Potato
- Turkey Chili
- Roasted Mushroom & Wild Rice (vegan)