



# SIMPLE, FRESH FARM BOX MEALS

MAY 23, 2022

*Simple recipes so we can eat well & support local agriculture*

## Nectarine & Avocado Salad w/ Ginger-Lime Dressing

### YOU'LL NEED

- ½ head of Butter lettuce
- ½ head of Muir lettuce
- 1-2 Nectarines
- 1 avocado
- 1 C wheat berries
- ½ red onion
- 1 8oz package marinated tofu cubed - optional

### Ginger-Lime Dressing

- 2 tsp lime zest
- ¼ C lime juice
- 2 tbs honey
- 2 tbs tamari
- 2 tbs olive oil
- 2 tbs cilantro
- 2 tbs fresh mint or parsley
- 2 tsp ginger
- Salt and pepper

### ALL YOU HAVE TO DO

- Cook wheat berries according to instruction, set aside to cool.
- Wash, tear your lettuce and toss together. Pit & slice avocado and nectarine - not too thin.
- Thin slice your red onion, zest & juice limes, mince your fresh herbs & ginger.
- Divide the lettuce into 4 bowls. Place the nectarines, avocado, wheat berries, sliced onion, & tofu on top of your greens.
- Whisk The dressing ingredients together & season with salt & pepper to taste & any other herbs or spices you'd like.
- Drizzle each bowl with some dressing, serve and enjoy!

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## FREE SAUCE!

This week we are gifting you a free bottle of chili sauce!  
Introducing...

## ALIVE FERMENTS

A family-owned and operated business, Sasha and Niccolo are two brothers who have crafted multiple signature sauces that go through a wild fermentation process. This makes them rich in beneficial probiotics and prebiotic fibers. A diet high in fermented foods boosts microbiome diversity and improves immune responses.

### WHY THEY DO IT

*"Our goal is to promote a more sustainable world where biological, cultural, and linguistic diversity will thrive through the system's strength."*

A genuinely unique sauce that allows you to try new flavors while contributing to optimal gut flora that helps reinforce the immune system. Enhancing our overall well-being and making nutrients easier to absorb.

Do you enjoy the different flavors and benefits of kimchi, pickles, sauerkraut, kombucha, and kefir? This sauce may be for you!