



# SIMPLE, FRESH FARM BOX MEALS

JUNE 20, 2022

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

## Fresh Summer Zucchini & Tomato Bake

### YOU'LL NEED

- 2-3 zucchinis - ¼ in slice
- 6-10oz cherry tomatoes - halved
- 1 yellow onion - chopped
- 1 tsp each salt & pepper
- 1 tbs fresh garlic - minced
- 1 tbs Italian seasoning
- ¾ C shredded parmesan

### ALL YOU HAVE TO DO

- Preheat oven to 350°F & spray 2-quart baking sheet with cooking spray or olive oil & set aside.
- Reserve ¼ cup of the parmesan cheese for topping - set aside. Place all ingredients in large bowl & gently stir to combine.
- Transfer to prepared baking dish, level ingredients out, & top with remaining parmesan cheese.
- Bake uncovered for 30-35 minutes or until desired tenderness of zucchini is met.
- Remove from the oven and serve while warm either by itself or along side your favorite dish.

**Give \$20 Get \$20**

If you love our food & service, please share us with your friends! Check your account page for more info.

## Spicy Fried Celery

### YOU'LL NEED

- 4-8 celery ribs w/some leaves attached
- 1 small red Thai chili - thin slice
- 1-2 tbs sesame oil OR olive oil
- 2 tsp sugar or sweetener of your choice
- 1-2 tbs soy sauce
- 1-2 clove minced garlic - optional

### ALL YOU HAVE TO DO

- Cut celery to about 1.5 in length, then finely shred them vertically. Thinly slice Thai chili.
- Heat oil in frying pan over medium heat & add the celery, sweetener & chili to the pan.
- Stir-fry over med heat for 1 minute then add the soy sauce & continue to stir fry for another minute or so, until the liquid has evaporated. To keep your celery crisp, cook over high heat to evaporate liquid quicker, be careful not to burn it. Serve & enjoy!

## FREE SOY SAUCE!

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

## WUAN CHUANG SOY SAUCE

Wuan Chuang was founded in 1909 and has been mastering quality and flavor for over a century! They make their soy sauce in small batches to be sure they don't lose an ounce of quality in the process. This premium black bean soy sauce is full of all the flavor you could ask for without any MSG, preservatives, or caramel coloring.

They were granted the *SUPERIOR TASTE AWARD* - certified by the International Taste Institute's jury of the world's best Chefs & Sommeliers!

Try it with this weeks Spicy Fried Celery recipe, or ask about the Hibachi-style Sesame Ginger Zucchini - we are more than happy to share. Give it a try and let us know what you think!