

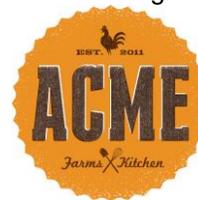
## Think Inside the Box: What we've got to work with

*Delicious food that can be sourced locally  
from Whatcom & Skagit County!*

### **What's in Your Box** (Use all items so nothing is wasted.)

- .75 lb. Romano beans (Joe's Gardens, Bellingham)
- 1 lb. Yukon potatoes (Hopewell Farm, Everson)
- 1 lb. Broccoli (Joe's Gardens, Bellingham)
- 1 lb. Tomatoes (Hedlin Family Farm, Mt. Vernon)
- 1 lb. Summer squash (Moondance Farm, Acme)
- 1 Jalapeno pepper (Moondance Farm, Acme)
- 2 Onions (Moondance Farm, Acme)
- Garlic (Moondance Farm, Acme)
- Rosemary (Mama's Garden, Deming)
- Cilantro (Joe's Gardens, Bellingham)
- .5 lb. Shiitake mushrooms (Cascadia Mushrooms, Bellingham)

These items were in an actual box from [Acme Farms + Kitchen](#), which sources produce from many different Whatcom & Skagit Farms



### **What's in Your Pantry** (You can use any of these items as well.)

#### **Vegetables:**

- Frozen locally grown vegetables
- Canned or dried vegetables or sauces made with locally grown produce
- Garlic\*
- Mushrooms\* (\*Garlic & mushrooms grow locally but don't count as vegetables)

#### **Fruits:**

- Frozen berries (raspberries, blueberries, strawberries, blackberries)
- Jams, sauces, or dried fruits made with locally grown produce

#### **Grains:**

- Barley
- Barley Flour (Fairhaven Mill uses a locally grown hull-less barley)
- Wheat Flour (Fairhaven Mill uses hard red wheat from Western WA & soft white wheat from Lynden, WA)

#### **Other grains you can use grown in Eastern Washington:**

- Emmer Farrow (grown in the Methow Valley, WA)
- Rye flour (rye grown in Washington)
- Cornmeal (corn from Eastern WA)

#### **Protein:**

- Beans: Pinto, black bean, white kidney bean, orca bean. (These are the four varieties WSU Extension departments in Snohomish, Skagit and Whatcom Counties currently are testing to determine which are best suited for our climate).
- Beef
- Pork
- Lamb
- Chicken and other Poultry
- Eggs
- Fish
- Hazelnuts

**Dairy:**

- Butter
- Cheese
- Milk, cream
- Yogurt

**Other Optional Items:**

- Herbs & spices
- Oils & Vinegars
- Baking soda & baking powder
- Yeast
- Seeds: sesame, pumpkin, etc.
- Soy sauce, tamari, mustards, similar condiment products
- Sweeteners: honey, sugar, molasses, etc.