

Juices vs. Smoothies

Whether you peel, freeze, cook, or blend them—you're still getting the health benefits of fruits and veggies. Lots of our customers say how much they love juicing their Ooooby produce, especially our organic greens, carrots, celery, and apples when they are seasonally abundant. Juicing can be a great way to get in your veggies, but keep in mind that juicing extracts the dietary fiber of the produce. Blending, on the other hand, keeps all the nutrition in your drink, which can make it a healthier and more eco-friendly option when compared to juicing. It's also easier to add ingredients like almond butter, cacao powder, and other superfoods to blended smoothies, rather than juices. While juice is still a great source of vitamins and minerals, straining out the pulp gives it a nutritional disadvantage. Fiber naturally regulates blood sugar levels and absorbs water in your digestive tract, which can make you feel fuller longer. If you opt for a juice over a smoothie, you may notice you feel hungry within an hour or two. Opting to blend also helps to avoid food waste because you'll keep all the goodness of the produce in your smoothie instead of removing and discarding the pulp. To summarize, juices and smoothies are both wonderful, nutritious options, although, smoothies win from a nutrition and eco-friendly standpoint.

| PRODUCE | GROWER | LOCATION | BOX |
|------------------|-------------------|-------------------|-------------|
| Watermelon | Road 20 Farm | Madera | SB/MB/LB/OB |
| Zucchini | Road 20 Farm | Madera | SB/MB/LB/OB |
| Gold Potatoes | Road 20 Farm | Madera | SB/MB/LB/OB |
| Red Bell Peppers | Road 20 Farm | Madera | SB/MB/LB/OB |
| Lettuce | Phil Foster | San Juan Bautista | SB/MB/LB/OB |
| Garlic | Road 20 Farm | Madera | SB/MB/LB/OB |
| Bicolor Corn | Phil Foster | San Juan Bautista | SB/MB/LB/OB |
| Green Grapes | Benzler Farm | Fresno | SB/MB/LB/OB |
| Collard Greens | Coke Farm | San Juan Bautista | SB/MB/LB/OB |
| Sweet Tomatoes | Road 20 Farm | Madera | MB/LB/OB |
| White Onion | Phil Foster | San Juan Bautista | MB/LB/OB |
| Nectarine | Olson Family Farm | Kingsburg | LB/OB |
| Okra | Coke Farm | San Juan Bautista | LB/OB |
| Peaches | Olson Family Farm | Kingsburg | LB/OB |
| Red Chard | Phil Foster | San Juan Bautista | LB/OB |

Aug. 6-8, 2019

Featured Add Ons:

GOUDA CHEESE - **\$9.50, 8 oz**

ROASTED GARLIC & ROSEMARY HUMMUS - **\$6.00, 9.5 oz**

ORANGE BLOSSOM HONEY- **\$9.75, 12 oz**

ORGANIC HEIRLOOM RICE - **\$4.50, 1 lb**

ORGANIC APPLE JUICE- **\$4.25, 32 oz**

HEART SHAPED LAHVOSH CRACKERS - **\$6.00, 4 oz**

ORGANIC DARK CHOCOLATE ALMONDS - **\$9.99, 8 oz**

ORGANIC SPANISH LAVENDER - **\$2.50, 1 oz**

REUSABLE TOTE BAG - **\$15.00 ea**

GROUND COFFEE - **\$12.95, 12 oz**

ORGANIC FREE-RANGE EGGS - **\$3.90, ½ dozen**

GRANOLA - **\$6.50, 8 oz**

BREAD ROLLS - **\$5.95, ½ dozen**

Once we send you a **Sneak Peek** email on Thursday, you may log in at ooooby.org to see what will be included in your curated box the following week.

Want **Extras**? Just Add them! See something you don't care for? Reply to the Sneak Peek email to let us know and we'll **Exclude/Replace** those items with something else.

Create your own box by clicking the **'Create Custom Box'** tab.

*The deadline for customizations, pauses, and orders is Friday 8am.

Salmon Hash w/ Gold Potatoes & Herbs (Serves 4-6) by thekitchn.com

Ingredients:

- 4 tablespoons unsalted grass-fed butter
- 2 pounds gold potatoes, chopped
- 1 large onion, chopped
- 2 stalks celery, halved lengthwise, then cut crosswise into ½" slices
- 1 tablespoon chopped fresh dill
- 2 teaspoons minced fresh thyme
- 1 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 3 cups coarsely flaked cooked salmon
- 1/2 cup chopped fresh parsley

Directions:

In a 12" frying pan, preferably cast iron, melt the butter over medium heat and swirl to coat bottom of the pan.

Add the potatoes and onion, then sauté just until coated with the butter, about 1 minute. Cover and cook to steam potatoes until they are almost fork-tender, about 7 minutes.

Add celery and stir briefly, then re-cover and cook for 3 minutes longer. Uncover pan and increase heat to medium-high. Add the dill, thyme, salt, and pepper. Cook, stirring frequently, until potatoes are lightly browned, 15-20 minutes.

Add salmon and parsley and cook just until salmon is heated through. Stir the mixture gently, being careful not to break up the salmon pieces. Taste and adjust seasoning.

Garlic Parmesan Hasselback Zucchini (Serves 2) adapted from kirbiecravings.com

Ingredients:

- 2 zucchini
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1 garlic clove, minced
- 1 ounce Parmesan or white cheddar cheese, thinly shaved
- 2 tablespoons shredded Parmesan cheese

Directions:

Preheat oven to 400°F.

In a small bowl, mix together olive oil, garlic powder and minced garlic.

Slice zucchini crosswise, like an accordion, but don't slice through completely. Space out slices about ½" apart.

Place zucchini on a foil-lined baking sheet. Brush zucchini with garlic olive oil mixture. Spoon on the minced garlic if you aren't able to get it on the zucchini with your brush.

Roast zucchini in the oven for about 12-15 minutes, or until zucchini is just tender.

Stuff a thin shaving of cheese into each of the zucchini cuts. Sprinkle shredded cheese on top. Place back into the oven and set your oven to low broil. Cook for about 5 more minutes, or until cheese is melted and begins to bubble and brown.

Serve and enjoy!

Tag us! We love seeing your excitement on social media when you pick-up your Oooby Box for the week. Seeing you enjoy our produce with your family and create delicious recipes with it makes us so happy, so do please tag us @oooobyfresno!