

Smith's Nursery, Inc.

Doorstep Market

443 SANDERS RD. BENSON, NC 27504 p(919)934-1700 f(919) 934-2055
WWW.U PICKBERRIES.COM doorstepmarket@gmail.com

In the Box:

Strawberries, Spring Onions, Cabbage
– Smith's Nursery – Benson, NC

Shiitake Mushrooms – Ford's Produce,
Raleigh, NC

Tomatoes – Thomas Produce Farm –
Roger Thomas – Burgaw, NC

Asparagus – Pride of Sampson Farms –
Roger Lane - Turkey, NC

Beets, Radishes, Spinach - Wise Farms
– Gary Wise - Mt. Olive, NC

Yellow Onion, Squash – R & H Produce,
NC State Farmer's Market



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From the Farm

Hi Doorstep Market Members! We would like to welcome to our newest members from Seaboard Fitness and WakeMed Raleigh. Thanks for participating and we hope you enjoy your first box of fresh, local produce!

Just in case you have devoured your strawberries or cooked all of your produce before the end of the week, here is a list of local markets where you can find our products:

Raleigh Downtown Farmers Market - Wednesday

www.godowntownraleigh.com/farmers-market

City Plaza, Fayetteville St., Raleigh, NC 10am – 2pm

Clayton Farm and Community Market - Saturday

www.clayton-farmers-market.org

Clayton Town Square, Clayton, NC 9am – 3pm

Western Wake Farmers' Market - Saturday

www.westernwakefarmersmarket.com

Morrisville Carpenter Rd., Cary, NC 8am – 12pm

Five Points Farmers Market - Saturday

www.fivepointsfarmersmarket.com

NOFO Parking Lot, Fairview Rd. Raleigh, NC, 9am – 12pm



Raleigh Farmers Market - Daily

<http://www.ncagr.gov/markets/facilities/markets/raleigh/index.htm>

Raleigh, NC

Linda Spain's Shiitake and Asparagus Salad

Ingredients

¼ to ½ pound Shiitake Mushrooms, thinly sliced
1 pound fresh asparagus, tough ends removed
1 medium tomato, sliced or chopped
3 Tbsp Butter
2 Tbsp Olive Oil
2 Tbsp Fresh lemon juice
1 pound whole wheat penne pasta, cooked
Seasoning (recipe follows)

Directions

Add butter to pan and heat over medium heat. Add mushrooms and sauté 3-4 minutes or until the mushrooms soad up all the butter. Steam the asparagus for 2-4 minutes. Cut into 2 inch lengths. Cook the pasta at the same time as the mushrooms and asparagus. Add mushrooms, asparagus, tomatoes and pasta to a bowl. Drzzle with lemon juice and olive oil. Sprinkle with season and toss gently to coat

Seasoning

1 tsp salt
2 tsp dried oregano
1 ½ tsp onion powder

1 tsp garlic powder
1 tsp freshly ground black pepper
1 tsp dried parsley flakes
(sub fresh herbs as available)

Combine all ingredients in a bowl to serve or transfer to an airtight container.

Serves 6

Grant Family Farms Beet and Radish Salad

Ingredients

8 small beets, trimmed
8 radishes, trimmed and halved if large
1 tablespoon extra-virgin olive oil
1 tablespoon fresh lemon juice
2 teaspoons chopped fresh thyme
Coarse salt and freshly ground pepper

Directions

Preheat oven to 450 degrees. Line a piece of foil with parchment. Place beets in the center, fold in half, and fold edges. Place on a baking sheet and roast until tender, about 1 hour. Unwrap beets, let cool slightly, then peel. Cut beets into quarters.

Place vegetables in a medium bowl. Drizzle oil and lemon juice on top. Add thyme, season with salt and pepper, and toss gently. Serve immediately.

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