

YIELD: 6 SERVINGS

INGREDIENTS

Dressing:

- ¼ cup apple cider vinegar
- ⅓ cup olive oil
- 1-2 teaspoons sweetener (honey, maple sugar, sugar, or low-carb sweetener)
- 1 teaspoon salt
- 1 teaspoon Dijon mustard (optional)
- pinch of black pepper (optional)

For the salad:

- 6 cups shredded cabbage
- ¼ cup shredded carrot
- ½ cup sliced cucumber
- 1 cup chopped tomatoes
- 2 tablespoons chopped fresh dill

DIRECTIONS

1. Whisk all ingredients for the dressing in a small jar and shake.
2. In a bowl, combine all ingredients for the salad and pour dressing on top.
3. Stir and let it sit for 10 min, then serve. You may need to add more salt to season the salad for your taste.

Fresh and low-calorie apple cider vinegar dressing makes this light and perfect for summer. This salad goes well with chicken, beef, or seafood.



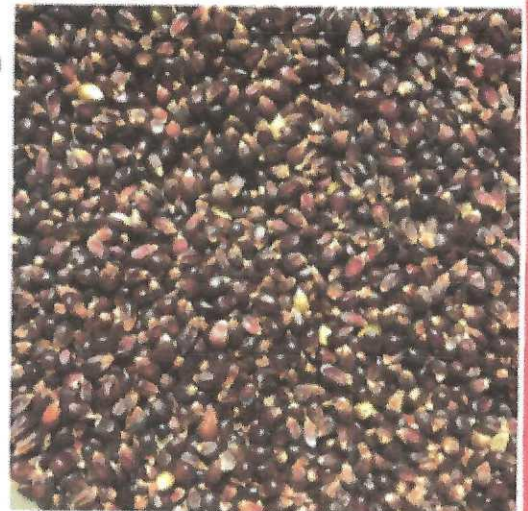
Source: https://cookinglsl.com/wprm_print/easy-cabbage-salad

Black Popcorn Info

This richly flavored popcorn has a deep purple kernel that pops into a bright white and tender treat. Meadowlark Organics grew this corn as an experiment, interplanting it with a vining dry bean variety called Cranberry. It worked beautifully and now we're able to add this popcorn to the diversity of certified organic crops we grow and sell.

This popcorn pops best using the stovetop method. We recommend following these directions: place 1/4 cup oil and 3 kernels in a medium stockpot with a lid. Turn heat to medium high and wait for kernels to begin popping. Add 1/3 cup of kernels and return lid to pot. Lower heat to medium and cook until popping slows, shaking the pan frequently.

We do not recommend using an air popper for this popcorn. This popcorn was grown using organic production methods on land undergoing a 3 year transitional period to becoming certified organic.



TRIBAL ELDER FOOD BOX NEWSLETTER

week 9 - September 5th & 6th



Food & Farms Represented In This Week's Box

- Oneida Nation Farm - Ground Beef
- Red Cliff Fishery - Skin on whitefish or Smoked whitefish
- Medowlark Community Mill - Black Popcorn
- SLO Farms - Cucumbers & Zucchini
- Yowela - Cucumbers
- Cattail Organics - Lettuce Mix & Green Peppers
- Red Door Farm - Cabbage
- Mshko'Ode - Potatoes
- Bushel and a Peck - Zestar Apples
- Emery Foods - Peaches & Tomatoes
- Bills Busy Bee Honey Farm - Honey
- Ohe.laku - Corn Mush Flour
- Midewigaan Provisions - Maple Sugar

Producer Spotlight: Bill's Busy Bee Honey Farm



OUR STORY

"Best quality honey" is our motto here at Bill's Busy Bee Honey Farm. What started out as a small farm with only two hives in 2015 soon became a thriving business, with dozens of beehives and a variety of products. In everything that we do, we are committed to producing eco-friendly and healthy goods at affordable prices. If you want to learn more, get in touch today.

ALL ABOUT US

A Growing Community

Bill's Busy Bee Honey Farm was founded in 2015 when a passion project turned into a small business. Our buzzing community of bees and humans produces an impressive line of quality products and we're just getting started!

From jars of honey to honey straws, every single product we sell is healthy, locally-produced and super fresh. Our team members are enchanted by the world of honey bees, and committed to raising awareness about the importance of this special insect.

Like on Facebook: Bill's Busy Bee Honey Farm

