

“Why are vegans made fun of while the inhumane factory farming process regards animals and the natural world merely as commodities to be exploited for profit?” - Elliot Page

Happiest Delivery Day!

Here's what you can freeze this week

(not all items listed may be included in your order):

- High Summer Ratatouille
- Macro Platter
- Butternut Mac and Cheese
- Tuscan Kale and White Bean Stew
- Kung Pao Veggies
- Farmer's Roasted Vegetables
- Baked Oats
- Crab Cakes
- Lemon Miso Hempseed Dressing
- Green Protein Smoothie
- Seed Milk
- Lemon Ginger Tonic
- Merfolk Limeade
- Vegetable Broth
- Tarts from “The Naked Tart”
- Cheeses and Bars from Viva Raw



Local sources of note:

- Cucumbers from Barbee Farms and cherry tomatoes from Tega Hills in the Salad of the Week
- Fresh bell peppers from Correl Farms in the Ratatouille
- Local miso in the macro platter from Asheville

A note on this week's Crabby Patties: we had to source the seaweed in this week's patties from a different source. It is still organic, but it imparted QUITE the green color on the patties. They are safe to eat, just very verdant!

Don't forget - all of your delicious food is best when enjoyed by the Sunday following your delivery. You'll want to eat your salads and Sesame Kale within the first five days. Remember that you can extend this date by freezing the items listed above! Your smoothie or seed milk will need to be shaken well and enjoyed within the first five days of delivery. At the Health Department's request, we have frozen them before delivery. This keeps them fresher, longer!

Have a lovely week, friends! Drop us a line if ya need anything :)

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