

■ Your Farm to People Meal Plan

Generated on August 22, 2025

Total estimated servings: 8

■ Ingredient Storage Guide

Ingredient	Storage Tips
Black Sea Bass	Store according to package directions. Keep in cool, dry place.
Boneless, Skinless Chicken Breast	Refrigerate at 40°F or below. Use within 1-2 days or freeze for up to 9 months.
Local Yellow Peaches	Ripen at room temperature, then refrigerate. Use within 3-5 days when ripe.
Lunchbox Peppers	Refrigerate in crisper drawer. Bell peppers last 1-2 weeks.
Mixed Cherry Tomatoes	Store ripe tomatoes at room temperature. Cherry tomatoes can be refrigerated.
Organic & Fair Trade Hass Avocados	Ripen at room temperature, then refrigerate. Use within 3-5 days when ripe.
Organic Green Zucchini	Refrigerate in plastic bag. Use within 4-5 days.
Organic Italian Eggplant	Store at room temperature if using within 2 days, otherwise refrigerate.
Prune Plums	Ripen at room temperature, refrigerate when soft. Last 3-5 days ripe.
Unagi Cucumbers	Refrigerate in crisper drawer. Use within 1 week.

■ Your Meal Recipes

1. Lemon Garlic Chicken with Summer Vegetables

Serves: 2 people

Ingredients:

- Boneless, Skinless Chicken Breast
- Organic Green Zucchini

Optional Level-ups:

- Add Cherry Tomato Confetti (+5 min) - uses: Mixed Cherry Tomatoes

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Boneless, Skinless Chicken Breast according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

■ **Cooking Tips:**

- Use meat thermometer - chicken is done at 165°F internal temperature

2. Grilled Black Sea Bass with Avocado Salsa

Serves: 2 people

Ingredients:

- Black Sea Bass
- Organic & Fair Trade Hass Avocados

Optional Level-ups:

- Add Pepper and Cucumber Salad (+5 min) - uses: Lunchbox Peppers, Unagi Cucumbers

Instructions:

1. Preheat grill or grill pan to medium-high heat
2. Season Black Sea Bass with salt, pepper, and olive oil
3. Grill protein for 4-6 minutes per side until cooked through
4. Prepare vegetables while protein cooks
5. Let protein rest 5 minutes before serving
6. Combine all ingredients and serve immediately

■ **Cooking Tips:**

- Add avocado at the end to prevent browning

■ **Nutrition Highlights:**

- High in healthy monounsaturated fats and fiber

3. Eggplant and Peppers Stir-fry

Serves: 2 people

Ingredients:

- Organic Italian Eggplant
- Lunchbox Peppers

Optional Level-ups:

- Add Sautéed Zucchini Slices (+5 min) - uses: Organic Green Zucchini

Instructions:

1. Heat 2 tablespoons oil in large skillet or wok over high heat
2. Cut all vegetables into uniform pieces
3. Add Organic Italian Eggplant to hot pan, cook until nearly done
4. Add vegetables in order of cooking time (longest first)
5. Stir frequently, cook until vegetables are crisp-tender
6. Season with salt, pepper, and your favorite sauce

4. Peach and Plum Summer Salad

Serves: 2 people

Ingredients:

- Local Yellow Peaches
- Prune Plums

Optional Level-ups:

- Top with Sliced Avocado (+5 min) - uses: Organic & Fair Trade Hass Avocados

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Local Yellow Peaches according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

■ Recommended Additions to Your Cart

Organic Lemons (2 pieces)

Price: Price TBD

Usage: Used for making lemon garlic sauce for the chicken

Garlic (1 bulb)

Price: Price TBD

Usage: Used for making lemon garlic sauce for the chicken

■ Pantry Staples Needed

- salt
- pepper
- oil
- butter
- vinegar