

# ■ Your Farm to People Meal Plan

Generated on August 22, 2025

Total estimated servings: 6

## ■ 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.
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.

## ■ Your Meal Recipes

### ***1. Grilled Chicken Breast with Zucchini and Cherry Tomato Salad***

**Serves:** 2 people

**Ingredients:**

- Boneless, Skinless Chicken Breast
- Organic Green Zucchini

**Optional Level-ups:**

- Add Avocado for Creaminess (+5 min) - uses: Organic & Fair Trade Hass Avocados

**Instructions:**

1. Preheat grill or grill pan to medium-high heat
2. Season Boneless, Skinless Chicken Breast 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:**

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

■ **Smart Swaps:**

- If Boneless, Skinless Chicken Breast is unavailable, use White Ground Turkey

### ***2. Black Sea Bass with Peach Salsa***

**Serves:** 2 people

**Ingredients:**

- Black Sea Bass
- Local Yellow Peaches

**Optional Level-ups:**

- Add Prune Plums for Extra Sweetness (+5 min) - uses: Prune Plums

**Instructions:**

1. Prepare all ingredients (wash, chop, measure)
2. Cook Black Sea Bass according to preference
3. Combine with remaining ingredients

4. Season with salt, pepper, and herbs
5. Serve immediately while hot

■ **Smart Swaps:**

- If Local Yellow Peaches is unavailable, use Yellow Nectarines

### ***3. Eggplant and Pepper Stir-Fry***

**Serves:** 2 people

**Ingredients:**

- Organic Italian Eggplant
- Lunchbox Peppers

**Optional Level-ups:**

- Add Zucchini for Extra Texture (+5 min) - uses: Organic Green Zucchini
- Use Avocado for Garnish (+3 min) - uses: Organic & Fair Trade Hass Avocados

**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

■ **Smart Swaps:**

- If Lunchbox Peppers is unavailable, use Red Fresno Peppers

## ■ Recommended Additions to Your Cart

### **Organic Garlic** (1 bulb)

Price: Price TBD

Usage: Used in seasoning chicken and stir-fry for enhanced flavor.

### **Organic Lemons** (2 pieces)

Price: Price TBD

Usage: Used for zest and juice in dressing and seasoning.

## ■ Pantry Staples Needed

- Salt
- Pepper
- Oil
- Butter
- Vinegar