



SEASONAL CHEF

Ready-to-make meal kits featuring fresh, locally grown food from a North Iowa farmer near you!

Fresh, easy meals

Looking for a convenient meal kit inspired by the local growing season? Seasonal Chef Meal Kits feature fresh, locally grown food from North Iowa farmers. Enjoy one per month from June through September. Each meal kit includes easy-to-follow recipes and cooking tips, and enough food to serve four people.

Seasonal Chef meal kits are available from your local CSA farm as a supplement or alternative to a regular CSA delivery. Enjoy the flavors of every season! Participants will receive four different meal kits, with options to choose from each month. Kits are delivered once per month in the second full week of June, July, August and September. Your CSA will confirm specific delivery dates with you after sign up.

Four local meals

Order now, eat later

Reserve yours today! Meal kits are limited, and will be offered on a first come, first serve basis. Our continued innovation is supported by a farmer/rancher grant from USDA Sustainable Agriculture Research Education (SARE).



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2020 MEAL KIT MENUS

Enjoy fresh, locally sourced meals for only \$10 per serving! Purchase the 2020 Seasonal Chef Meal Kit package for \$160, which includes four meal kits, one kit per month. Choose your preference for each month when ordering. Kit ingredients and recipes are subject to change, depending on availability.

JUNE, delivered the week of June 8

- **Option 1:** Kale Frittata with Garden Green Salad and Roasted Parmesan Veggies
- **Option 2:** Simply Perfect Meatballs with Root Vegetable Risotto and Spring Salad

JULY, delivered the week of July 13

- **Option 1:** Eggplant Tortilla Pizza with Fried Cabbage, Bacon and Basil
- **Option 2:** Coconut Pork and Cabbage Stir Fry with Indian Kale Salad

AUGUST, delivered the week of August 10

- **Option 1:** Grilled Eggplant Parmesan with Dressed Green Beans
- **Option 2:** Garlic Grilled Pork Chops with Peppers, Tomato Cobbler & Cheddar Biscuits

SEPTEMBER, delivered the week of Sept. 14

- **Option 1:** Greens and Beans Burritos with Beet Carrot Apple Salad and Grilled Corn
- **Option 2:** Squash and Apple Cheddar Gratin with Corn Muffins and Roasted Cauliflower

To order your Seasonal Chef meal kit, go to:
www.NorthIowaFresh.com (subscriptions)
sales@northiowafresh.com / 319.325.4222



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