



PIKE PLACE MARKET

Week 2—June 28, 2017

Farm to Go

Community Supported Agriculture from the farmers at Pike Place Market

What's Fresh This Week

Zucchini

Magaña Farms, Sunnyside

Store in refrigerator, loosely wrapped in plastic bag.

Raspberries

Sidhu Farms, Puyallup

Store in refrigerator. Do not wash until just before eating.

Head Lettuce

Woodinville Valley Farm, Fall City; Nash's Or-

ganic Produce, Sequim; Ly's Farm, Carnation Store in refrigerator in plastic bag.

Dill

Woodinville Valley Farm, Fall City

Store in refrigerator in plastic bag with a paper towel to absorb moisture.

Yukon Gold Potatoes

Alvarez Organic Farms, Mabton

These are uncured, new potatoes. Store in refrigerator and don't worry about peeling.

Spinach

Nash's Organic Produce, Sequim

Store in refrigerator in plastic bag.

Bing Cherries (Regular Share)

Magaña Farms, Sunnyside

Store in refrigerator in plastic bag. Do not wash until just before eating.

Red Dandelion (Regular Share)

Nash's Organic Produce,

Sequim Store in refrigerator, loosely wrapped in plastic bag.

GROWING PRACTICES KEY:

⊗ No Spray ○ Certified Organic ★ Integrated Pest Management



SPOTLIGHT ON: Zucchini

While zucchini may be at the back of the alphabet, it is front and center in this week's CSA! This variety of summer squash is technically a fruit, but it is served as a vegetable. Zucchini was harvested and eaten in Italy long before anywhere else. Zucchini is believed to have been brought to the United States by Italian immigrants in the early 1920s.

Zucchini is high in vitamin A and potassium. It contains no fat or cholesterol, and is very low in calories. Zucchini is a delicious and healthy ingredient that we love cooking with during the summer!

New Market: Pike Place Express Market at Denny Regrade



Denny Regrade Farmers Market

7th Ave & Lenora

Tuesdays 10-2

Pike Place is excited to add another Express Market to our weekly lineup! Every Tuesday from 10-2 our farmers and producers will be selling fresh produce, local goods, colorful bouquets, and ready-to-eat foods! The market will be located at 7th and Lenora, in the plaza between the Amazon Doppler building and the Amazon Spheres! Come by on your lunch break to pick up groceries for the week, fresh flowers to brighten someone's day, or a freshly prepared local lunch favorite! Debit/credit, EBT, WIC, and senior FMNP vouchers are accepted; visit our friendly staff at the info booth for more information!

Zucchini with Potatoes and Thyme



INGREDIENTS

4 Tablespoons extra-virgin olive oil
1 1/2 pounds Yukon Gold potatoes
3 garlic cloves, peeled and quartered
2 Tablespoons fresh thyme leaves

1 1/2 pounds zucchini, cut into 1/2-inch cubes
Sea salt and freshly ground black pepper

DIRECTIONS

Heat 3 tablespoons of oil in a skillet over medium-high heat. Combine potatoes and garlic in a large bowl and season with salt and pepper. Add potatoes to hot skillet and cook for 3-4 minutes without stirring. When potatoes are light golden brown, toss potatoes and cook for 8-10 minutes longer until all sides are light golden brown and cooked through.

Add thyme, toss to coat. Transfer potatoes to a large bowl and set aside.

Heat remaining 1 tablespoon of oil in same skillet. Add zucchini and season with salt and pepper. Cook until light golden brown and tender, but not mushy (5-6 minutes). Add to bowl with potatoes and toss to combine. Season to taste with salt and pepper.

Serve warm with a squeeze of lemon, red chili flakes, or parmesan cheese! You can also add fresh dill in place of or in addition to the fresh thyme.

Recipe adapted from: <http://www.bonappetit.com/recipe/zucchini-with-potatoes-and-thyme>

Additional recipes:

Zucchini Muffins — <https://www.gimmesomeoven.com/healthy-zucchini-muffins-recipe/>

Dill Pesto — <https://food52.com/recipes/37536-dill-pesto>

Garlic and Olive Oil Smashed Potatoes — <http://www.epicurious.com/recipes/food/views/garlic-and-olive-oil-smashed-yukon-gold-potatoes-236864> (Sub or combine thyme with dill!)

Raspberry Oatmeal Pancakes — <http://joythebaker.com/2008/02/raspberry-oatmeal-pancakes/>

Warm Dandelion Greens With Roasted Garlic Dressing — <http://www.eatingwell.com/recipe/249631/warm-dandelion-greens-with-roasted-garlic-dressing/>

Wilted Spinach Salad With Warm Feta Dressing — <http://www.epicurious.com/recipes/food/views/wilted-spinach-salad-with-warm-feta-dressing-240677>

Roasted Cherry Brownies — <http://www.bakerita.com/roasted-cherry-brownies/>

Wilted Dandelion Greens with Bacon and Toasted Mustard Seed — <http://nourishedkitchen.com/wilted-dandelion-greens/>