WHAT’S FRESH
WEEK 1: JUNE 17

Sugar Snap Peas® Pike Place Farmers
Store in the plastic bag in the refrigerator.

Kale® Green Cuties Farm, Carnation
Wrap the bundle in paper towels and place in a bag in the crisper drawer.

Honey Crisp Apples Amador Farms, Yakima
Store in your fridge’s crisper drawer.

Garlic Scapes® Mariposa Farms, Everson
Garlic scapes keep well in a plastic bag in the fridge for two to three weeks. They will keep for a few days (and will look beautiful) in a glass with water in it, on the counter in a cool room.
Change water daily.

*Full Share Items include*

Cilantro® Maika’s Garden, Carnation
Place the cilantro into a jar of water making sure only the stems are submerged. Loosely cover the leaves with a plastic bag to keep in moisture. Store the cilantro in the refrigerator for up to two weeks, replacing the water every 2-3 days.

Strawberries® Sidhu Farms, Puyallup
Arrange the berries on a paper towel-lined tray and cover with plastic wrap; then refrigerate. Before eating or using them, wash the berries under cool water and then remove stems.

Sweet Onions Amador Farms, Yakima
Store in the coolest area of your home with good air circulation.

Spring Salad Mix® Lee’s Fresh Produce, Kent
Store in the plastic bag in your fridge, and add a paper towel to absorb moisture.

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**Garlic Scapes**
Garlic scapes are the flower neck of hard neck garlic varieties that are cut off in the spring to encourage the garlic plant to grow larger bulbs. They are just as edible and delicious as garlic cloves, and they can be used interchangeably in recipes calling for garlic. Scapes have a delicious, mellow garlic flavor and there’s no peeling required! They can be eaten raw, roasted, grilled, or sautéed. Garlic scape pesto is a delicious and creative way to use the scapes in your CSA.

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**MEET THE PRODUCER**

Sidhu Farms

- Started by Chet Sidhu in 1998, Sidhu Farms is a multigenerational family farm that focuses on berries and also grows an assortment of delicious vegetables in Puyallup WA.
- The team wakes up at 4:30 am to start picking berries and brings them fresh to the market that day.
- This week we get to try early strawberries from Sidhu Farms in every full share!

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**GROWING PRACTICES KEY**

- No Spray
- Certified Organic
- Integrated Pest Management
**FEATURED RECIPE:**
**Garlic Scape Pesto**

**INGREDIENTS**
- 1 cup garlic scapes, sliced crosswise (about 10 to 12 scapes)
- ¼ cup raw sunflower seeds
- ½ cup extra virgin olive oil
- ¼ cup Parmesan cheese
- ½ cup basil leaves, or sub for kale
- Juice of one lemon

**directions**
1. Place the garlic scapes in a food processor and pulse for 30 seconds.
2. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.
3. Add the olive oil and process on high for 15 seconds.
4. Add the Parmesan cheese and pulse until the ingredients are combined.
5. Add the basil or kale and lemon juice, and process until reaching the desired consistency.
6. Add salt to taste and serve immediately.

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**FEATURED RECIPE:**
**Kale Apple Salad**

**INGREDIENTS**
1. 3 tablespoons fresh lemon juice
2. 2 tablespoons extra-virgin olive oil
3. Kosher salt
4. 1 bunch kale, ribs removed, leaves very thinly sliced
5. 1/4 cup dates
6. 1 Honeycrisp apple
7. 1/4 cup slivered almonds, toasted
8. 1 ounce Pecorino, finely grated (1/4 cup)

**directions**
1. Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks.
3. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.