WHAT’S FRESH
WEEK 10: August 19

Half Share Items

CHERRY TOMATOES Alvarez Organic Farms, Mabton
Store in a paper bag on counter

KALE Green Cuties, Fall City
Wrap in a paper towel to remove excess moisture and place in a plastic bag in the fridge. Kale can also be blanched and frozen to use later.

BROCCOLI Sidhu Farms, Puyallup
Store broccoli wrapped in a damp paper towel to keep it from drying out. Needs airflow; don’t wrap in plastic. Eat within 2 or 3 days.

NECTAPLUMS Magaña Farms, Sunnyside
Store on counter to ripen, or in fridge if already ripe.

Full Share Items

CARROTS Garden Flowers, Snohomish
Cut off tops and store separately (but don’t toss! Also edible) Store carrot roots in a tightly closed bag or container in the refrigerator.

LETTUCE Amador Farm, Yakima
Store in a bag in the refrigerator with a paper towel to absorb excess moisture and wash just before eating.

CANTALOUPE Amador Farm, Yakima
Store on counter to ripen, or in fridge if already ripe.

Spotlight On

BROCCOLI

Fact: This underappreciated green veggie is 89% water, 7% carbohydrate, and 3% protein. It’s a great source of Vitamin C and K, which support immune system function and blood clotting, respectively.

Fact: Broccoli has been around since the 6th century, and was originally cultivated in the Mediterranean and valued as a food source in the Roman empire.

Fact: It takes time to grow broccoli—usually ~100 days from seed, but up to 150. If the broccoli heads aren’t harvested, all those tiny florets will bloom into small yellow flowers.

PIKEBOX FALL CSA: EXPLAINED

What: All sorts of late summer & fall fruits and vegetables—starting with peppers, tomatoes, eggplant, stone fruits, and other hot weather crops, and transitioning to winter squash, various greens, root crops such as carrots, turnips, beets, potatoes, and lots of fall fruit (apples, pears, etc).

When: Eight weeks from 9/2 through 10/21. Same pickup schedule—every Wednesday 2-6.

Why: If you’ve enjoyed your weekly PikeBox produce so far, the fall iteration will continue to stock your fridge and make it fun to cook and eat different vegetables and fruits each week. Everything continues to be sourced from Pike Place Market farmers, so you are supporting family farm operations across Washington at a time when many normal sales channels are limited.

How: The sign-up will be open at pikeplacemarket.org/pikebox starting Thursday 8/20. If you pick up your box at the Market Commons, talk to staff to get signed up.

GROWING PRACTICES KEY

⊙ No Spray  ○ Certified Organic  ⚫ Integrated Pest Management
FEATURED RECIPE: Cherry Tomato & Nectaplum Salad
ADAPTED FROM: Samantha Binkley (Healthy on You)

INGREDIENTS
- 1 pint cherry tomatoes
- 4 nectaplums
- 1 small shallot, thinly sliced lengthwise
- 2 Tbsp olive oil
- 1/4 cup basil leaves, chopped
- 1 tsp lemon juice (or substitute vinegar)
- 8 Ciliegine (small mozzarella balls) sliced in half
- Salt and pepper to taste

Optional:
- 1/4 cup mint leaves
- 2 tsp za’atar

DIRECTIONS
1. Slice tomatoes in half. Slice nectaplums as well, into quarters or thinner slices as you prefer.
2. In a bowl or serving plate, combine the tomatoes, plums, lemon juice, basil and sliced shallots. Season with salt and pepper to taste.
3. Add the mozzarella on top and drizzle with olive oil. If using za’atar, mix into the olive oil before drizzling oil. Enjoy fresh!

FEATURED RECIPE: All-Ages Broccoli Bites
ADAPTED FROM: Natalie Monson (Super Healthy Kids)

INGREDIENTS
- 2 cups broccoli in smaller pieces
- 2 eggs
- 1/2 tsp salt
- 1/2 bread crumbs
- 2/3 cup grated parmesan
- 2 Tbsp olive oil

DIRECTIONS
1. Steam the broccoli in a pot with 6 cups of water (or more as needed) until it is soft enough to poke a fork in.
2. In a food processor or blender, combine the cooked broccoli, egg, salt, bread crumbs, and parmesan. Blend until fully mixed. Form the mix into balls, approximately 1 Tbsp each.
3. Heat oil in a pan. Once hot, drop balls of broccoli mix into the oil to cook. Flatten with a spatula. Flip to brown both sides and cook through.
4. Serve warm, on their own or with your dip of choice.

FOR MORE RECIPES VISIT www.PikePlaceMarket.org/PikeBox