WHAT’S FRESH
WEEK 2: JUNE 24

Half Share Items

APRICOTS® Magana Farms, Sunnyside
Put apricots in a plastic bag or container in the refrigerator if they are ripe. Put them in an open plastic or paper bag and leave at room temp if they need to ripen.

LETTUCE® Chue Neng Cha’s Garden, Carnation
Store unwashed lettuce in a bag in refrigerator, add a paper towel to absorb excess moisture and wash just before eating.

POTATOES® Amador Farms, Yakima
Store potatoes at room temperature, away from light and moisture.

FAVA BEANS® Alvarez Organic Farms, Mabton
Store unshelled favas in the refrigerator in a plastic or paper bag.

Full Share Items

RASPBERRIES® Sidhu Farms, Puyallup
Store in their container in the refrigerator. Wash before eating.

KALE® Green Cuties, Carnation
Store unwashed kale in a plastic bag in the refrigerator, add a paper towel to absorb excess moisture.

RADISHES® Amador Farms, Yakima
Cut off tops (can be used in a stir fry!) and store radishes in a plastic bag or closed jar with a paper towel to absorb excess moisture.

FAVA BEANS
Fact: You’ll find these to have a rich, creamy flavor that is great for spring.
Fact: Excellent source of protein, soluble fiber, folate, and manganese.
Fact: Open the pod by snapping the tip and unzipping along the seam. Remove beans and place them in boiling water for 30 seconds. Transfer to an ice bath to stop cooking process and remove the waxy coating on each bean.

MEET THE PRODUCER

Magaña Farms

Fact: Located on 32 acres in Sunnyside, WA since 1996 and focused on orchard fruits and warm season vegetables that thrive in the hot climate of Eastern Washington.
Fact: Owner Tovias Magaña came to Washington from Mexico in the late 70s and runs the farm together with his 8 kids and other family members.
Fact: Magaña Farms also supplies fresh produce to schools through the WSDA’s “Farm to school” program.

@magana_farms_dehydrated_fruit
Magana Farms

Growing Practices Key
⊗ No Spray  ● Certified Organic  ★ Integrated Pest Management
FEATURED RECIPE: Saag Aloo (kale & potatoes)
ADAPTED FROM: Swasthi’s Recipes
SERVES: 3

INGREDIENTS
- 2 cups potatoes
- 4 cups kale (6-8 leaves, or spinach, or other sturdy green)
- 1 medium onion
- 2 tbsp oil
- 3/4 teaspoon cumin
- 2 cloves garlic or ginger
- 1/8 tsp turmeric

DIRECTIONS
1. Rinse kale/greens, drain, and chop. Peel and cube potatoes to bit sized pieces.
2. Heat 2 Tbsp oil in a pan, then add 3/4 tsp of cumin seeds and let them sputter. Add 2 cloves of garlic, chopped, and chopped green chilies if using. Fry for a minute. Next add chopped onion and fry until light golden.
3. Add potatoes and fry for 2-3 minutes. Add 3 Tbsp water, then cover and cook until potatoes are cooked but not mushy. Then sprinkle 1/8 tsp turmeric, 1/4 tsp salt, and 1/4 teaspoon chili powder. Saute for 1-2 minutes.
4. Next, add chopped spinach. Saute for ~3 minutes until leaves wilt. Sprinkle garam masala. Turn off stove when moisture evaporates. Sprinkle sesame seeds and lemon juice if desired.

Modifications: Serve with rice, roti, chapati, or paratha, as-is, or with a protein. Also delicious with addition of peas or chickpeas. Onion can be skipped, but adds flavor. Dry chilies can substitute for fresh green chilies.

FOR MORE RECIPES VISIT
www.PikePlaceMarket.org/PikeBox