WHAT'S FRESH
WEEK 3: July 1

Half Share Items

CARROTS ○ Kirsop Organic Farm, Rochester
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.

ZUCCHINI ○ Alvarez Organic Farms, Mabton
Keep in crisper drawer of refrigerator and wash just before eating.

PEA SHOOTS ○ Lee's Fresh Produce, Kent
Store loosely in a plastic bag in the refrigerator.

CHERRIES ○ Amador Farms, Yakima
Store in an unsealed bag in refrigerator. Wash right before eating.

Full Share Items

PEAS ○ Yoa Her's Garden, Monroe
Store peas unwashed in the refrigerator in an open bag or container.

BLACK RADISHES ○ Maika's Garden, Carnation
Cut off tops and store separately. Store radishes in a plastic bag or closed container with a paper towel to absorb excess moisture.

SPRING ONIONS ○ Magana Farms, Sunnyside
Store spring onions sealed in a bag or container in the fridge.

STRAWBERRIES ○ Garden Flowers, Snohomish & Puyallup
Leave stems on and place in crisper drawer of fridge, unwashed, in a partially closed container. Wash just before eating.

PEA SHOOTS
Fact: Pea shoots are simply the stems and leaves of the plants that snap peas come from!
Fact: Similar nutrients as other green leafy veggies— high in beta carotene (pre-Vitamin A) folate, fiber.
Fact: You can eat your pea shoots raw in salads, sandwiches, or on soup. You can also cook or sauté them as a side or add to stir-fries or pasta dishes. They will lose volume, and you can add lemon to add fresh taste after cooking.

MEET THE PRODUCER

Lee’s Fresh Produce

Fact: The farm started in 2001 when Pha Lee began growing fresh food on 5 acres for her family and sending surplus to the ID’s Asian Counseling & Referral Services foodbank
Fact: Now the farm is ~40 acres and parents Pha & Lue work alongside their son Xiong and daughter-in-law Christy
Fact: Selling primarily at farmers markets, the Lee family continues to grow their business each year. They also operate a farm stand and U-pick strawberries open this week!

GROWING PRACTICES KEY
⊗ No Spray ○ Certified Organic ★ Integrated Pest Management
FEATURED RECIPE: **Baked Summer Squash**  
**ADAPTED FROM:** thekitchn.com  
**SERVES:** 3

**INGREDIENTS**
- 1 1/2 Tbsp peanut oil/vegetable oil
- 3 cloves garlic, minced
- 1 tsp ginger, minced
- 1 bunch pea shoots
- 1/2 Tbsp Shaoxing wine or chicken or veggie stock
- 1/4 tsp salt (1/8 tsp for a low-sodium option)
- Optional: 2 whole dried hot red chiles

**DIRECTIONS**
1. Snip tough ends off the pea shoots. Then rinse with running water to remove any dirt. Drain and set aside.
2. Heat 1 1/2 Tbsp oil in a wok or nonstick pan over medium high heat. Add the 3 cloves of garlic and 1 tsp ginger, and chiles if using. Stir a few times to release the fragrance.
3. Add the pea shoots. Fold with your spatula to coat well with oil. Pour in Shaoxing wine or stock, and sprinkle with salt. Stir a few more times to mix well, until the pea shoots are just withered. The whole process should take a minute or so. Immediately transfer everything to a plate and serve hot as a side dish.

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FEATURED RECIPE: **Stir-Fried Pea Shoots**  
**ADAPTED FROM:** Omnivore's Cookbook  
**SERVES:** 2-4

**INGREDIENTS**
- 1/2 Tbsp peanut oil/vegetable oil
- 3 cloves garlic, minced
- 1 tsp ginger, minced
- 1 bunch pea shoots
- 1/2 Tbsp Shaoxing wine or chicken or veggie stock
- 1/4 tsp salt (1/8 tsp for a low-sodium option)
- Optional: 2 whole dried hot red chiles

**DIRECTIONS**
1. Snip tough ends off the pea shoots. Then rinse with running water to remove any dirt. Drain and set aside.
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FEATURED RECIPE: **Baked Summer Squash**  
**ADAPTED FROM:** thekitchn.com  
**SERVES:** 3

**INGREDIENTS**
- 1 lb zucchini (or other summer squash)
- 2 Tbsp olive oil
- 1/4 cup grated parmesan cheese
- 2 1/2 Tbsp bread crumbs
- 1/4 tsp flaked salt
- pepper to taste

**DIRECTIONS**
1. Preheat the oven to 350 F. Remove the ends of the zucchini and slice into 1/4" think rounds. Toss with the olive oil.
2. In a small bowl, combine the bread crumbs, parmesan, salt, and pepper. Arrange the squash rounds in a baking dish. Sprinkle the bread crumb mixture over the top of the squash.
3. Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.

**Notes:** Serve as a side dish, or as a vegetarian main dish. Or with pasta and pesto for an easy weeknight meal.

FOR MORE RECIPES VISIT  
www.PikePlaceMarket.org/PikeBox