**WHAT’S FRESH**

**WEEK 4: September 23**

### Half Share Items

- **CARROTS**
  - Garden Flowers, Snohomish
  - Cut off tops and store separately (but don’t toss! Also edible). Wrap carrots in a paper towel, and store in a plastic bag in the fridge.
  - MEGATRON LEEKS
  - Kirsop Farm, Rochester
  - Store in a plastic bag in the fridge.
- **POTATOS**
  - Mariposa Farm, Everson
  - Store in a cool, humid, and dark place.
- **PRESIDENT PLUMS**
  - Amador Farms, Yakima
  - Store in the fridge.

### Full Share Items

- **PARSLEY**
  - Maika’s Garden, Carnation
  - Put in a glass with water and place a plastic bag over top. Store in the fridge.
- **RED BELL PEPPERS**
  - Alvarez Organic Farms, Mabton
  - Store in a plastic bag in the fridge.
- **CONCORD GRAPES**
  - Alm Hill Gardens, Everson
  - Keep on the counter or in the fridge if very ripe.

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**Spotlight On: Carrots**

- **Fact:** Carrots come in all colors and are full of Vitamin A, anti-oxidants, and dietary fiber. They are a member of the Apiaceae, or parsley, family along with celery, parsnips, dill, and fennel.
- **Fact:** The tops are completely edible and very healthy. Try them in salad, sautéed with other veggies, in a broth or sauce, or as a carrot top pesto!
- **Fact:** As a biennial crop, carrots will flower in their second spring if left in the ground to overwinter. When the flowers go to seed, each carrot will have produced thousands of tiny carrot seeds for the next generation.

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**MEET THE PRODUCER**

**Kirsop Farm**

- **Fact:** Kirsop Farm began as a tiny garden in Tumwater in 1995. It has since expanded to growing produce and raising pastured poultry on 60 acres of land at the Scatter Creek Farm and Conservancy.
- **Fact:** Colin and Genine of Kirsop Farm are farmland preservation farmers, meaning they preserve farmland and Chehalis river habitat along with others in the land trust.
- **Fact:** Known for their sustainable meats, grain, beans, and produce, they are also famous for the best carrots in town!

- Colin and Genine Kirsop
  - [Instagram](https://www.instagram.com/kirsopfarm/)
  - [Website](https://www.kirsopfarm.com/)

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**GROWING PRACTICES KEY**

- ☺ No Spray
- ☑ Certified Organic
- ★ Integrated Pest Management
FEATURED RECIPE: Chunky Leek and Potato Soup  
ADAPTED FROM: Mygorgeousrecipes.com

INGREDIENTS
- 2 leeks, trimmed
- 1/2 lb. potatoes
- 2 carrots
- 3 cups vegetable stock/broth
- 1 tbsp. tomato paste
- 1 tsp. dried mixed herbs (basil, marjoram, oregano)
- 1 tsp. olive oil
- 1 tbsp. butter
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 tbsp. chopped fresh parsley

DIRECTIONS
1. Peel, wash, and chop potatoes and carrots.
2. Trim the roots from leeks, then cut in half length-wise. Rinse any soil from inside, then chop.
3. Heat up the oil, add the butter and allow it to melt.
4. Add chopped leeks, and sauté for 2–3 minutes until it softens, then add carrots and potatoes and give it a good stir.
5. Add stock/broth and cook with the lid on for 12–15 minutes until the veggies are tender.
6. Season with salt and pepper, add the tomato paste and mixed herbs, and garnish with fresh parsley.

FEATURED RECIPE: Baked Plum Pudding  
ADAPTED FROM: Bonappetit.com

INGREDIENTS
- butter (for pan)
- 1/2 cup granulated sugar, plus more for pan
- 8 plums, cut into thin wedges
- 3 large eggs
- 1½ cups half-and-half
- 2 tablespoons anise liqueur (optional)
- 2 teaspoons vanilla extract
- ½ cup all-purpose flour
- ½ teaspoon salt
- Powdered sugar for dusting

DIRECTIONS
1. Preheat oven to 400°. Butter a 2-qt. baking dish, then dust with granulated sugar. Arrange plums in dish.
2. Whisk eggs and remaining 1/2 cup granulated sugar to combine.
3. While whisking, stream in half-and-half, anise liqueur, if using, and vanilla.
4. Add flour and salt and whisk to combine.
5. Let custard sit 10 minutes, then pour over plums.
6. Bake pudding 15 minutes, then reduce oven temperature to 350° and continue to bake until custard is golden and set, 20–25 minutes longer.

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www.PikePlaceMarket.org/PikeBox