WHAT’S FRESH

WEEK 5: July 15

Half Share Items

**PURPLE MAJESTY POTATOES**
Alvarez Organic Farms, Mabton
Store potatoes in a breathable bag in a cool, dark spot

**KALE**
Shong Chao Farm, Fall City
Wrap in a paper towel to remove moisture and place in a plastic bag in the fridge. Kale can also be blanched and frozen to use later.

**SCALLIONS**
Mariposa Farm, Everson
Place loose bunch upright in 1" of water in a jar. Cover loosely with a bag and place in the fridge. Change water every 3 days.

**RAINIER CHERRIES**
Amador Farms, Yakima
Store in an unsealed bag in the fridge. Wash right before eating.

Full Share Items

**SUMMER SQUASH**
Alvarez Organic Farms, Mabton
Keep in crisper drawer of refrigerator and wash just before eating.

**LETTUCE**
See Lee Garden, Fall City
Store in a bag in the refrigerator with a paper towel to absorb excess moisture and wash just before eating.

**PARSLEY**
Maika’s Garden, Carnation
Wash and dry parsley, then wrap in paper towels in a sealed plastic bag in fridge. For long-term storage, dry parsley in oven at lowest temp.

**NECTARINES**
Magaña Farms, Sunnyside
Store at room temp to ripen, or in the fridge once ripe.

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**MEET THE PRODUCER**

**Shong Chao Farm**

**Facts:**
- The land for this 28-acre family-run farm was previously a Christmas tree farm. Now the farm has flowers, herbs, veggies, and chickens.
- Phong and Ma’s son Chai is on the farm every day tending to the crops, maintaining equipment, and running the business.

**Quote:** “I worked for the Bellevue Parks Department for about six years. I would work on the farm on the weekends. My boss was really nice about giving me weekends off so I could work on the farm, but after a while I decided to quit and dedicate myself full time to the farm. Now my old boss buys veggies from me” - Chai Cha

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**PURPLE MAJESTY POTATOES**

**Fact:**
- The color of these potatoes comes from high contents of anthocyanin - an antioxidant. Higher anthocyanin intake is linked to several health benefits, including healthier cholesterol levels, improved vision and eye health, and a reduced risk of heart disease, certain cancers, and diabetes.

**Fact:**
- Although the Purple Majesty variety was officially bred by crossing two other potato varieties at Colorado State University around 2008, purple potatoes are native to Peru and Bolivia, where they have been highly valued for many centuries.

**Fact:**
- These potatoes are great boiled or fried – try our recipe, or use them for chips or fries!
FEATURED RECIPE: *Fork-crushed Purple Majesty Potatoes*

**ADAPTED FROM:** Michael Anthony—NY Mag/Grammercy Tavern

**SERVES:** 4

**INGREDIENTS**
- 1 lb Purple Majesty Potatoes
- 4 small shallots, minced
- 2 Tablespoons lemon juice
- 6 Tablespoons olive oil
- Salt/Fleur de sel to taste
- Pepper to taste
- 2 Tablespoons parsley, chopped

**DIRECTIONS**
1. In a large pot, cook potatoes with skins on in heavily salted boiling water until tender, approximately 15 minutes.
2. Remove potatoes from pot, and peel them while still warm.
3. Place potatoes in a large bowl and, using a fork, gently smash them, maintaining a fairly chunky consistency.
4. Fold in minced shallots, lemon juice, olive oil, salt, and pepper.
5. Finish with parsley
6. Season to taste with salt and pepper and serve immediately.

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**FEATURED RECIPE: Scallion Pancakes (cong you bing)**

**ADAPTED FROM:** Maggie Zhu—Omnivore’s Cookbook website (video instructions on website!)

**INGREDIENTS**
- 3 cups all purpose flour
- 1 cup boiling water
- 1/4 cup cold water
- 4 tsp peanut oil (or vegetable oil)
- 1/2 cup chicken fat or vegetable oil
- 1 tsp sea salt
- ~1 cup very finely chopped scallions
- Optional: ground toasted Sichuan peppercorns

**DIRECTIONS**
1. Making the dough—mix 2 1/2 cups flour and boiling water while stirring. Add cold water 1 Tbsp at a time, until there is no dry flour on the bottom of the bowl. Use hands to press the dough flakes together into a ball.
2. Turn the dough out onto a lightly floured board and knead it. Add extra flour if needed. Add 1 tsp of oil to clean bowl and spread to coat bowl. Place dough in bowl and let rest for 20-30 minutes.
3. Making the paste—mix remaining 1/2 cup flour, 1 tsp salt, 1/2 cup of fat/oil, peppercorns.
4. Divide dough in 6 portions and roll each into a smooth ball. One piece at a time, roll out into a strip as thin as possible (about 18”). Smear 1/6 of the paste and sprinkle 1/6 of the scallions on top. Roll the strip from one of the long sides to make a rope, then pull gently to stretch a bit more. Coil the strand into a flat circle, like a cinnamon roll. Roll the circle out into a 8” disk. Repeat this process with other 5 dough portions.
5. Cooking—Heat a frying pan on medium-high then cover bottom with oil. When hot, place one flattened dough chunk in pan. Cook until bottom is golden, then flip and repeat. Remove onto plate lined with paper towel and repeat for other 5 chunks. Serve warm.

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