WHAT’S FRESH

WEEK 7: July 29

Half Share Items

HEIRLOOM TOMATO MIX® Xai C. Farm, Snohomish
Store ripe tomatoes in a cool area, or on counter to ripen.

BASIL® Mariposa Farm, Everson
Wash basil leaves gently and dry with a salad spinner or by dabbing with a towel. Wrap the dry leaves in a paper towel and place inside a plastic bag in the fridge. Eat the basil soon!

POTATOES OR ONION® Amador Farms, Yakima
Store potatoes or onions in a breathable bag in a cool, dark spot.

RAINIER CHERRIES® Amador Farms, Yakima
Store in refrigerator in plastic bag. Wash just before eating.

Full Share Items

BABY BOK CHOY® Lee’s Fresh Produce, Kent
Refrigerate bok choy unwashed in a perforated plastic bag.

ROMANO BEANS® See Lee Garden, Fall City/Woodinville
Refrigerate unwashed bean pods in a plastic bag in crisper drawer.

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

Heirloom Tomatoes

Fact: “Heirloom tomatoes” are a category that includes thousands of varieties of tomatoes with different colors, shapes, sizes, and tastes.

Fact: The name refers to the seeds, which are saved and passed down by farmers year after year. The seeds are open-pollinated, meaning that the plants are pollinated by wind, birds, insects, etc. This preserves the incredible plant variety and can even create new varieties.

Fact: Tomatoes are about 95% water! They’re also a great source of Vitamin C and lycopene, an antioxidant that gives fruits and veggies red/pink/orange colors.

MEET THE PRODUCER

Xai C Farm

Fact: Xai Cha and husband Ker Thao, with the help of their children, grow an impressive variety of vegetables and flowers in Snohomish and Duvall and have been bringing their bounty to Pike Place Market since 1995.

Fact: At the height of summer, customers flock to their table to find heirloom tomatoes of various sizes, shapes and color. The tomatoes require a great deal of care, and in addition to not using pesticides or chemicals, Xai and Ker grow them without irrigation in order to prevent watery tomatoes and maximize the taste of each one.

Fact: Xai and Ker were featured in a Seattle Times article recently about Hmong flower farmers adapting during the coronavirus pandemic. Read the article online to find out more!

GROWING PRACTICES KEY

⊙ No Spray ⊙ Certified Organic ★ Integrated Pest Management
FEATURED RECIPE: Tomato Panzanella
RECIPE FROM: Mari Knudson, Pike Place Market Farm Program

INGREDIENTS
- 1 lb very ripe heirloom tomatoes
- 1 small cucumber
- 1/2 loaf of stale, crusty bread
- 1/2 medium shallot, finely chopped
- 1/4 cup fresh basil
- 1/2 clove garlic
- 1 Tbsp red wine vinegar
- ~1/4 cup olive oil
- Salt & pepper to taste
- Optional: 4 oz cheese such as mozzarella, goat cheese, feta

DIRECTIONS
1. To make dressing: in a small bowl, add chopped shallots and minced garlic to red wine vinegar and whisk to combine. Slowly whisk in olive oil until emulsified and add salt and pepper to taste. Adjust oil or vinegar as necessary and set aside.
2. Cut smaller tomatoes in half and larger ones into 1 inch cubes. Cut cucumber into thin slices and cut bread into 1 inch cubes as well. Combine tomatoes, cucumbers, bread, cheese (if using), in a large serving bowl.
3. Toss with dressing. Top with fresh basil. Allow salad to sit for 30 minutes or until bread becomes soft but not mushy. Enjoy!

FEATURED RECIPE: Romano Beans with Mustard Vinaigrette
ADAPTED FROM: Ignacio Matos, as featured on Bon Appetit

INGREDIENTS
- 1 lb Romano beans, trimmed
- 1/3 cup walnuts, chopped
- 1 Tbsp red wine vinegar
- 2 Tbsp Dijon mustard
- 1 small garlic clove (or less)
- 1 Tbsp olive oil
- 1/2 lemon
- 1/4 cup parsley, chopped
- Pepper to taste

DIRECTIONS
1. Preheat oven to 350 F. Toast walnuts on a rimmed baking sheet (or aluminum pie plate) about 10 minutes, or until lightly browned. Coarsely chop. You can also skip this step and use raw walnuts, or buy toasted ones.
2. Bring a large pot of salted water to a boil and cook beans about 10 minutes until bright green and tender. Drain water. Optionally, transfer beans to a bowl of ice water to stop cooking and cool them down. Dry beans.
3. In a large bowl, prepare vinaigrette by mixing vinegar, mustard, garlic, and olive oil. Let sit for 10 minutes if you can, allowing the flavors to mix.
4. Add walnuts and beans to the vinaigrette. Zest the lemon over the beans. Top with parsley, and season with salt and pepper to taste. Toss everything together to coat. Add more oil if desired.

FOR MORE RECIPES VISIT www.PikePlaceMarket.org/PikeBox