WHAT'S FRESH

WEEK 8: August 5

Half Share Items

SWEET PEPPER MIX ● Alvarez Organic Farms, Mabton
Mixed varieties: Banana, gypsy, bell
Store in a bag with airflow in the crisper drawer of the fridge.

GARLIC SCAPES ● Alvarez Organic Farms, Mabton
Keep scapes in a plastic bag in the fridge. They will last 2 weeks.

RED OR GREEN CABBAGE ● Sidhu Farms, Puyallup
Store unwashed in a plastic bag in the fridge. Wash before cooking.

BLUEBERRIES ● Alm Hill Garden, Everson
Store in their container in the fridge. Wash before eating.

Full Share Items

DILL ● Shong Chao Farm, Fall City
Trim stem ends and place in a jar. Fill with 2” water. Loosely cover bunch and jar with a plastic bag and place in refrigerator.

CARROTS ● Maika’s Garden, Carnation
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.

KALE ● Green Cuties, Fall City
Wrap in a paper towel to remove excess moisture and place in a plastic bag in the fridge. Kale can also be blanched and frozen to use later.

PEACHES ● Amador Farms, Yakima
Store at room temp to ripen, or in the fridge once ripe.

Fact: Peppers have seeds and grow from the flower of the plant which, botanically speaking, makes them a fruit rather than a vegetable (like tomatoes!)

Fact: A cup of chopped bell/sweet pepper contains more Vitamin C than an orange! Thanks to that Vitamin C, peppers promote collagen formation, iron absorption, and the immune system.

Fact: As part of the Solonaceae (aka nightshade) family, peppers are closely related to tomatoes, tomatillos, eggplant, and potatoes.

MEET THE PRODUCER

Alvarez Organic Farms

Fact: Alvarez Farms is an 80-acre farm in Mabton, Washington, certified organic since 1992. Owner Hilario Alvarez is proud to grow over 400 varieties of vegetables with sustainable farming practices to conserve water, promote biodiversity, and bring healthy produce to customers.

Fact: Hilario is known for his incredible diversity of peppers—200+ varieties!—many of which he hybridizes himself on the farm. He selects for flavor, color, shape, and sweetness.

Fact: Hilario’s sons, Eduardo and Steve, now help manage the business and farm and have helped to grow the farm’s wholesale distribution network in recent years. Thanks to their work, Alvarez’s delicious veggies can now be found in more than forty restaurants and fifteen farmers markets around Seattle.

GROWING PRACTICES KEY

♀ No Spray ○ Certified Organic ★ Integrated Pest Management
**FEATURED RECIPE:** Cabbage and Sweet Pepper Slaw  
**ADAPTED FROM:** Crossroads Community Farm (Cassie Noltnerwyss)

**INGREDIENTS**
- 2 cups red or green cabbage, finely chopped
- 1 cup peppers, cut into thin strips
- 1/2 bunch kale, cut into ribbons
- 1 small apple, chopped
- 1/2 cup carrots, shredded
- 3 Tbsp olive oil
- 1/4 medium onion, diced
- 1 cup any pepper, diced
- 1/4 cup garlic scapes, diced
- 1/2 cup apples, diced
- 1 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp chili powder
- 1/2 tsp parsley, chopped
- Salt & pepper to taste

**DIRECTIONS**
1. To make dressing: Combine the olive oil, vinegar, parsley, garlic, in a jar or bottle or bowl. Shake or mix until ingredients are fully incorporated.
2. To make slaw: Combine cabbage, kale, pepper, carrots, apple, in a large bowl. Mix well and toss with 1/2 cup of dressing. Season with salt and pepper.
3. Chill in refrigerator for at least 30 minutes before serving. Add extra dressing when serving.

**Modifications/notes:** Add slivered almonds if desired, or other nuts or vegetables to add to the slaw. Ingredients are very flexible-use what you have, and it isn't necessary to have all the ingredients listed. Scapes can be chopped finely and used in dressing, and cilantro can be substituted for parsley for a different flavor. Substitute a mayo-based dressing for a creamy, coleslaw version. Slaw can be made a day ahead and kept in refrigerator.

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**FEATURED RECIPE:** Shakshuka  
**ADAPTED FROM:** Mari Knudson, Pike Place Farm Program

**INGREDIENTS**
- 3 Tbsp olive oil
- 1/2 medium onion, diced
- 1 cup any pepper, diced
- 1/4 cup garlic scapes, diced
- 1 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp chili powder
- 4 eggs
- 28 oz can of tomatoes OR 6 medium tomatoes OR combo of fresh and canned
- Salt & pepper to taste
- Optional: Cilantro and/or parsley or other herbs to taste

**DIRECTIONS**
1. In a large skillet, add 3 Tbsp olive oil and warm slowly. Bring to medium heat and sauté the onions for 2 minutes, then add peppers and continue to sauté. Add garlic scapes, paprika, cumin, chili powder.
2. When onions have softened, add tomatoes (fresh or canned). If using whole canned tomatoes, use a spoon to break into smaller chunks. If using fresh, dice the tomatoes before adding. Cook 10-15 minutes, lightly simmering, until sauce has thickened. Optional: add a few Tbsp of tomato paste to help thicken the sauce.
3. Once the sauce is thick, use a wooden spoon to make 4 indentations for the eggs. Crack one egg into each indentation. Sprinkle each egg with a bit of salt, cover the skillet and cook until egg whites are solid. Cook for longer for more solid yolks, or stop here for runny yolks.
4. Top with any herbs desired, and serve warm with a thick slice of bread, or rice for a gluten-free variation.

**Modifications:** Just about any vegetable can be added here. Try adding some cabbage or kale cut into ribbons, thinly sliced carrots, or anything else in your fridge. Make it more or less spicy to taste, or top with feta for fun.

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**FOR MORE RECIPES VISIT**
www.PikePlaceMarket.org/PikeBox