WHAT’S FRESH

WEEK 9: August 12

Half Share Items

TOMATOES
Alm Hill Garden, Everson
Store ripe tomatoes in a cool area, or on counter to ripen.

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

CORN
Sidhu Farms, Puyallup
Keep corn ears wrapped tightly in a plastic bag in the refrigerator.

PLUOTS
Maganas Farms, Sunnyside
Store ripe pluots in the fridge, or on counter to ripen.

Full Share Items

WALLA WALLA ONIONS
Amador Farms, Yakima
Store onions in a cool, dry, dark and well-ventilated area.

CHARD
Green Cuties, Fall City
Wrap in damp paper towel and store in an unsealed plastic bag in fridge.

CRANBERRY BEANS
Mariposa Farm, Everson
Store in bag in refrigerator for up to 2 days. The pod isn’t edible – open each pod to remove the edible beans inside. These can be cooked right away (they don’t need to soak overnight, and will cook in 20-40 minutes) or frozen for later use. The beans fade when cooked—admire the bright colors while they’re fresh!

BLACKBERRIES
Mariposa Farm, Everson
Store unwashed in their container in the fridge. Wash just before eating.

Fact:
Developed by Floyd Zaiger in the 1980’s, pluots are ~75% plum and 25% apricot and were created by crossing plumcots with apricots.

Fact:
Pluots are a good source of Vitamins A and C, potassium, and dietary fiber. These nutrients are important to a strong immune system and healthy digestion.

Fact:
There are dozens of pluot varieties, including Dapple, Hand Grenade and Dinosaur Egg. Varieties range in sugar content, color, and how quickly they mature.

MEET THE PRODUCER

Green Cuties

Fact:
Pachia and Joe Cha grow a mix of vegetables and flowers on 2 acres, directly adjacent to where Joe’s parents have their own farm. Now in their fourth year, they hope to keep growing the farm each year with more delicious greens and veggies.

Quote:
“We are 2nd generation Hmong farmers, providing locally grown, healthy, pesticide-free vegetables in Fall City, WA. We enjoyed growing our own fresh produce at home and thought it would be a great idea to provide the community with locally grown no chemical-spray vegetables. Our garden’s growing practices date back to our heritage in Laos where our ancestors farmed using nothing but the basics: tools, seeds, natural resources such as water, sun, dirt, and sheer determination.” - Pachia Cha

GROWING PRACTICES KEY

ё No Spray
о Certified Organic
★ Integrated Pest Management
**FEATURED RECIPE: Summer Squash/Corn/Tomato Salad**  
**ADAPTED FROM:** Dishing Out Health—Jamie Vespa

### INGREDIENTS
- **Salad**
  - 1 Tbsp olive oil
  - 4 small summer squash, sliced 1/4” thick
  - 1 1/2 cups fresh or grilled corn (cut directly off the cob, or grilled beforehand)
  - 1 or 2 tomatoes, sliced or diced
  - Optional: 1 jalapeno, 2 garlic cloves, 1/2 cup feta, cilantro
- **Dressing**
  - 3 Tbsp olive oil
  - 2 Tbsp lime juice
  - 1/2 tsp chili powder
  - 1/4 tsp cumin

### DIRECTIONS
1. On medium heat, warm up 1 Tbsp olive oil in a pan. Add the summer squash and cook until golden brown (about 6 minutes). Add optional jalapeno and garlic and cook two more minutes. Next add corn and cook until heated, 1-2 minutes. Transfer cooked veggies to salad bowl.
2. Combine 3 Tbsp olive oil, 2 Tbsp lime juice, 1/2 tsp chili powder and 1/3 tsp cumin to make the dressing. Add salt and pepper to taste.
3. Add tomatoes and feta (optional) to cooked veggies. Pour dressing on top and gently toss. Garnish with cilantro if desired. Enjoy!

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**FEATURED RECIPE: Cranberry Bean/Chard/Onion Pasta Fagioli**  
**ADAPTED FROM:** Food Network

### INGREDIENTS
- Olive Oil
- Garlic cloves to taste
- 1 small onion
- Red pepper flakes to taste
- 1 can of canned tomatoes
- ~1 cup cranberry beans (shelled)
- 1/2 cup grated parmesan
- 2 cups small pasta (ie small shells)
- 3 cups chopped chard
- 1/4 cup chopped fresh parsley (optional, sub other herbs fresh or dried to taste)

### DIRECTIONS
1. Heat 3 Tbsp olive oil in a large pot. Add garlic, onion, red pepper flakes and cook 2 minutes. Stir in canned tomatoes, crushed, and cook 2 more minutes. Sprinkle a pinch of salt.
2. Add cranberry beans, and 3 quarts of water and bring to a boil. Turn down to low heat and simmer until beans are tender, ~30 minutes.
3. Bring back to a boil and add pasta. Cook ~8 minutes or until pasta is cooked as you like it. Add chard, chopped, and stir occasionally until chard is tender and cooked. Add grated parmesan, 2 Tbsp additional olive oil, salt and pepper and any herbs you’d like. Serve hot, and top with more parmesan and olive oil.

Notes: Skip the parmesan for an easy vegan modification. Or add pancetta or ground sausage/beef (cook beforehand) for a meat modification.

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FOR MORE RECIPES VISIT  
www.PikePlaceMarket.org/PikeBox