WHAT'S FRESH: WEEK 1 – JUNE 19, 2019

RAINIER CHERRIES  
Magan Farms, Sunnyside

ASPARAGUS  
⊗ Amador Farms, Yakima & Zillah

ORGANIC SPRING ONIONS  
⊗ Alvarez Organic Farms, Mabton

HEAD LETTUCE  
⊗ Mariposa Farm, Everson

RHUBARB (full share)  
Yang Farm, Mount Lake Terrace & Monroe

SPINACH (full share)  
⊗ Kir sop Farm, Rochester & Tumwater

RADISHES (full share)  
⊗ Kir sop Farm, Rochester & Tumwater

STRAWBERRIES (full share)  
⊗ Sidhu Farms, Puyallup

SPOTLIGHT ON: ASPARAGUS

- Asparagus has been cultivated for over 2000 years, and was prized by ancient Greeks and Romans for its unique flavor, texture, and rumored medicinal qualities.
- In 2017, Washington state farmers produced 40% of all asparagus grown in the USA.
- Keep your bunch fresh in your refrigerator for up to a week by wrapping up the ends in a damp paper towel.
- Asparagus spears are highly versatile and taste great boiled, steamed, grilled or roasted.

MEET THE PRODUCER: AMADOR FARMS

@amadorfarmsdeyakima

- Osman Amador got his start farming in Honduras and moved to the US to work in Phoenix. He is happy to be farming with his family now in the Yakima Valley. On his 10 acres he farms over 20 fruit and vegetable crops.
- “What motivates me to farm is being able to provide fresh produce not only for my family, but for community members.”
- Amador Farms sells at Pike Place’s City Hall (Tues), Denny Regrade (Tues), South Lake Union (Thurs) and First Hill (Fri) Markets. Stop by and say hello next time you visit!
FEATURED RECIPE: Creamy Asparagus, Lemon, and Walnut Pasta
ADAPTED FROM: Food 52
SERVES: 2

INGREDIENTS
- 7 ounces dried spaghetti (or pasta of your choice)
- 1 pound asparagus spears
- 1/4 cup walnuts, finely chopped
- 1 garlic clove, peeled
- 3 tablespoons extra-virgin olive oil
- Zest of one lemon
- Salt and freshly cracked black pepper

DIRECTIONS
1. Bring a large pot of water to a strong boil. Season with salt, then add pasta. Set aside about 1 cup cooking water, then drain pasta.
2. While water is coming to a boil, cut off and discard the tough ends of the asparagus. Cut the remainder into 1/3-inch rounds, leaving the tips intact. Heat olive oil and garlic in a large pan over medium heat for five minutes. Add asparagus, salt, pepper, and 1/3 cup of the reserved pasta water. Cover pan and cook asparagus for 4 to 8 minutes, until tender to the bite. Turn off heat and discard garlic.
3. Once pasta is finished, purée 1/3 of the cooked asparagus and 1/4 cup of the reserved cooking water in a food processor, blender, or immersion blender until smooth. Try to avoid blending the asparagus tips, for aesthetic reasons.
4. Add puréed asparagus back to pan, along with sliced asparagus. Mix in cooked pasta, lemon zest, and more pasta water as needed to keep the sauce loose. Heat on low for a minute or two to allow pasta to absorb some of the sauce. Serve immediately, topped with chopped walnuts.

FEATURED RECIPE: Strawberry Spinach Salad
ADAPTED FROM: allrecipes.com
SERVES 4

INGREDIENTS
For salad:
- 10 ounces fresh spinach – rinsed, dried and torn into bite-size pieces
- 16 ounces strawberries quartered or sliced
- 1/2 cup pecans (or any other nut you like – sunflower seeds, walnuts, almonds)

For Dressing:
- 16 ounces strawberries quartered or sliced
- 1/4 cup red wine vinegar
- 1/4 cup sugar/honey
- 1 teaspoon dried mustard
- 1 tsp poppy seeds

DIRECTIONS
To make the dressing:
Combine the vinegar, sugar, dried mustard and poppy seeds in a bowl or jar with lid. Stir or shake and let sit at room temperature while preparing the salad.

To make the salad:
Wash and cut the spinach, combine with the nut and strawberries in a large bowl. Add dressing and toss until evenly coated.

FOR MORE RECIPES VISIT
PikePlaceMarket.org/PikeBox