WHAT'S FRESH: WEEK 10 – AUGUST 21, 2019

PLUOTS Magaña Farms, Sunnyside
Unripe pluots should be stored on the counter or in a paper bag until they’ve reached the desired ripeness, then they can be stored in the refrigerator.

RAINBOW CARROTS Garden Flowers, Puyallup & Snohomish
Cut off carrots tops and store separately. Store unwashed carrots in the refrigerator.

RAINBOW POTATOES Mariposa Farm, Everson
Potatoes should be stored at room temperature and away from light and moisture.

GREEN BEANS Lee’s Fresh Produce, Kent
Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper drawer.

PEACHES (full share) Martin Family Orchards, Orondo
Unripe peaches should be stored on the counter or in a paper bag until they’ve reached the desired ripeness, then they can be stored in the refrigerator.

CHARD (full share) Mariposa Farm, Everson
Store unwashed chard in an airtight container or plastic bag in the refrigerator crisper drawer.

MIXED SHISHITO & PADRON PEPPERS (full share) Alvarez Organic Farms, Mabton
Refrigerate dry, unwashed peppers in a plastic bag in the vegetable drawer.

SPOTLIGHT ON: Pluots
- Pluots are a hybrid fruit that was first produced by Floyd Zaiger using hand pollination in the 1980s.
- Not to be confused with plumcots, which are a 50-50 plum apricot split, pluots are closer to 75% plum and 25% apricot. They may appear like a plum on the outside, but the inside is soft, grainy and sweet like an apricot.
- Pluots are a good source of vitamin C, vitamin A, potassium, and fiber.

MEET THE PRODUCER: Chue Neng Cha's Garden
Chue Neng Cha and wife Yia Yang grow fresh produce and flowers on a 10-acre farm in the Snoqualmie Valley. They began selling their bounty at Pike Place Market in 1995 and have had a strong presence here ever since.

Today, they are lucky to have the help of their children both on the farm and selling at the market. Their daughter Vickki has been helping arrange bouquets to sell at the market since she was very young and is now becoming more involved with the family business. She is excited about trying new and exciting varieties of vegetables and continuing the family’s dedication to using sustainable methods to produce their crops.

GROWING PRACTICES KEY
@ No Spray  ○ Certified Organic  * Integrated Pest Management
**FEATURED RECIPE:** Turmeric Roasted Potatoes with Green Beans  
**ADAPTED FROM:** barefeetinthekitchen.com  
**SERVES:** 4

**INGREDIENTS**
- 4 cups chopped potatoes
- 1 pound green beans, trimmed and halved
- 3–4 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup balsamic vinegar
- 1 teaspoon granulated garlic
- 1 teaspoon paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon cumin
- 1/4 cup shredded Pecorino Romano or Parmesan cheese (optional)

**DIRECTIONS**
1. Preheat the oven to 375 degrees. Line a large baking sheet with parchment paper. Combine all the spices in a small bowl. Toss the potatoes with 3 tablespoons of oil and then sprinkle generously with about 2/3 of the spices. Toss with your hands to make sure they are very well coated. Add about half of the cheese and toss well to distribute. Spread the potatoes across the prepared baking sheet and roast for 45 minutes.
2. While the potatoes begin roasting, prepare the green beans. Toss them with a tablespoon of oil and then sprinkle with the remaining spices and cheese. Toss to coat. After the potatoes have roasted for 25 minutes, remove from the oven. Add the green beans to the potatoes and stir to combine.
3. Return to the oven and roast an additional 20–25 minutes. When the potatoes are tender and slightly crisp, remove from the oven. The green beans should be tender with a slight bite remaining. Enjoy!

**FEATURED RECIPE:** Tomato Stone Fruit Salad  
**ADAPTED FROM:** twopeasandtheirpod.com  
**SERVES:** 2

**INGREDIENTS**
- 1/3 cup balsamic vinegar
- 2 large tomatoes cut into pieces
- 2 large peaches or 3 pluots cut into pieces
- 6 oz mozzarella, burrata, or other soft cheese
- 3 tablespoons freshly chopped basil

**DIRECTIONS**
1. To make the balsamic reduction, pour the balsamic vinegar into a small saucepan. Heat over medium-high heat and bring to a boil. Reduce the heat to low and let simmer, swirling the pan occasionally, until reduced to about half of the original amount, about 15 minutes. Remove from the heat and set aside.
2. Meanwhile, place the tomatoes and stone fruit on a platter or plate. Top with cheese chunks and basil.
3. Drizzle the balsamic reduction over the salad and serve.

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