**WHAT'S FRESH: WEEK 12 – September 4, 2019**

**Blueberries**
Sidhu Farms, Puyallup
Store your blueberries in their container in the refrigerator. Wash when ready to eat.

**Cauliflower**
Sidhu Farms, Puyallup
Store unwashed cauliflower in an unsealed reusable container or plastic bag in the refrigerator crisper drawer.

**Bok Choy**
Kirsop Farm, Rochester & Tumwater
Store unwashed in an airtight container or plastic bag in the refrigerator crisper drawer.

**Tomatoes**
Amador Farms, Yakima & Zillah
For the best flavor and texture, store your tomatoes at room temperature. For longer storage store in the fridge.

**Elegant Plums (full share)**
Magaña Farms, Sunnyside
Unripe plums 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.

**Walla Walla Onions (full share)**
Amador Farms, Yakima & Zillah
Because of the high water content of sweet onions, they have a shorter shelf life than other onions. To keep longer store in the fridge.

**Garlic (full share)**
Alvarez Organic Farms, Mabton
Store your garlic in a dark and dry place like a pantry or cupboard.

**Tomatillos (full share)**
Mariposa Farm, Everson
Store your tomatillos for a day or two at room temperature or for up to a week in the refrigerator. Leave on their papery husks until you are ready to use them.

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**SPOTLIGHT ON:**

**Cauliflower**

- This unique vegetable is actually made up of tiny clusters of flower buds, and is part of the brassica family. The buds, stems and leaves are all edible.
- Cauliflower is high in fiber and important vitamins. The antioxidants and phytonutrients in cauliflower are important for disease prevention, the fiber is beneficial to the digestive tract, and the presence of choline helps with learning and memory.
- With cauliflower’s mild flavor, it’s a nutritious addition to many different dishes. Try eating it raw with dips or in salads. You can roast it whole or in cut into pieces, with a bit of oil and spices. Try steaming it, blending it into soups, or adding to stir fries. You can make cauliflower “rice” by pulsing it in the blender or grating with a cheese grater. You can then use the cauliflower rice as you would regular rice in many dishes.

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**Featured Farmer: Herban Farm**

Ras Levi Peynado founded Herban Farm in 2012. His father was a fourth generation farmer and his mother was a Pike Place crafts-person and a past Pike Place Farm program manager. Ras decided to follow his parents past and began growing herbs in North Seattle. On his farm he grows herbs and also specializes in growing a variety of hot peppers from cayenne to habanero and scotch bonnets, indoors and outdoors. After harvesting his herbs, Ras then dries them and incorporates them into a variety of mindfully crafted, small batch culinary spice blends, seasonings, sauces, salts, vinegars, mustards, and teas.

[https://herbanfarmonline.com/](https://herbanfarmonline.com/)
[https://www.instagram.com/herbanfarmnw/](https://www.instagram.com/herbanfarmnw/)

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**GROWING PRACTICES KEY**

- No Spray
- Certified Organic
- Integrated Pest Management
FEATURED RECIPE: Cauliflower and Bok Choy Stir-fry with Tofu
ADAPTED FROM: confident-cook.com

INGREDIENTS
- 1 tablespoons oil
- 2 teaspoons sesame oil
- 1 package tofu, cut into cubes
- 1/2 onion, chopped
- 4 cloves garlic, chopped
- 2 tablespoon ginger, chopped
- 1 head of bok choy, cut up in 1-inch pieces
- 1 head of cauliflower, washed and cut into florets
- 2 tablespoon tamari or soy sauce
- 2 tablespoon hoisin sauce
- 2 tablespoon red miso (optional)
- 3 tablespoons vegetable broth
- 2 teaspoon red pepper flakes
- 2 scallions, chopped (optional)
- Rice for serving (optional)

DIRECTIONS
1. Heat up the oils in a large wok or sauté pan. Add in the cubed tofu and brown for a few minutes. Once the tofu has browned, add in the salt, onions, garlic, ginger and garlic and sauté a few minutes.
2. Add in the cauliflower and bok choy and stir fry for about five minutes. Let the veggies soften. You don't want them too mushy.
3. Mix up the soy sauce, miso, hoisin and vegetable broth in a small bowl and then pour over the stir fry.
4. Add in the scallions and the red pepper flakes. Taste and season as needed.
5. Serve over rice. Enjoy!

FEATURED RECIPE: Creamy Roasted Tomato Cauliflower Soup
ADAPTED FROM: tastykitchen.com

INGREDIENTS
- 1 bag tomatoes, halved or quartered
- 1/2 head cauliflower, cut into bite size florets
- 2 tablespoons olive oil, divided
- 1/4 onion, finely chopped
- 2 cloves garlic, minced
- 3 cups chicken or vegetable broth
- 3 sprigs thyme
- 3 bay leaves
- 1/2 teaspoons salt
- 1/2 teaspoons black pepper

DIRECTIONS
1. Preheat oven to 400 degrees F.
2. In a large roasting pan, toss tomatoes and cauliflower with 1 1/2 tablespoons of olive oil. Roast in preheated oven for 25 minutes, or until tomatoes have blistered and cauliflower is golden brown. Remove from oven when done.
3. In a large pot over medium heat, sauté the onion in the remaining 1/2 tablespoon of olive oil for about 5 minutes, or until fragrant. Add the garlic and cook for an additional minute, stirring frequently.
4. Add the roasted cauliflower and tomatoes, broth, thyme, bay leaves, salt and pepper. Bring to a gentle boil then reduce heat. Simmer for about 10 minutes, stirring occasionally. Remove the bay leaves and thyme sprigs and discard them.
5. Remove the pot from the heat and blend carefully with an immersion blender. If you don’t have an immersion blender, use a regular blender to blend the soup in small batches. Take caution not to burn yourself while blending hot soup. Blend until smooth and creamy. Alternatively, skip blending your soup for more texture.
6. Serve immediately with shaved Parmesan and additional fresh sprigs of thyme, if desired.

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