WHAT’S FRESH: WEEK 14 – September 18, 2019

Apples Amador Farms, Yakima & Zillah
Store your apples in the crisper drawer of the refrigerator.

Cherry Tomatoes Lee’s Fresh Produce, Kent
For the best flavor and texture, store your tomatoes at room temperature. For longer storage store in the fridge.

Cabbage Sidhu Farms, Puyallup
Store your cabbage in the refrigerator. Once cut, store in a plastic bag or reusable container.

Mixed Summer Squash Alvarez Organic Farms, Mabton
Store your summer squash in a reusable container or plastic bag in the refrigerator crisper drawer.

Asian Pears (full share) Magaña Farms, Sunnyside
Unlike other pears, Asian pears are ripe and eaten while they are firm and crisp. Store for up to one week on the counter or for longer storage, keep in the refrigerator.

Kabocha Squash (full share) Lee’s Fresh Produce, Kent
Store your winter squash in a cool, dry place such as a pantry or cupboard.

Green Beans (full share) Alvarez Organic Farms, Mabton
Store unwashed fresh beans in a reusable container or plastic bag in the refrigerator crisper drawer.

Table Grapes (full share) Magaña Farms, Sunnyside
Store your grapes in their plastic bag in the refrigerator.

SPOTLIGHT ON: Summer Squash

- We are nearing the end of summer squash season so eat them up while you can! Summer squash is know for its tender, edible skin and seeds and is harvested when the squash is young and immature, unlike most winter squash varieties. Summer squash come in a variety of shapes and sizes. You will find a mixture of zucchini, yellow, striped and Patty Pan squash in your bag.

- Summer squash is high in fiber, which keeps you feeling full for longer and helps with digestion. It also contains vitamin C which your body needs to grow and repair tissue. Beta-carotene is found in summer squash, which assists your body’s immune system, skin and eyes.

- You can eat you summer squash raw if desired, but most people tend to cook their squash. Try marinating and grilling your squash or adding it to curry, eggs, stir fry, or soup. You can make “zoodles”, by slicing your squash into long thin strips, sautéing, and adding your favorite pasta sauce. Shred your summer squash to make zucchini/summer squash bread or add to pancake batter for a healthy variation.

Featured Farmer: Lee’s Fresh Produce

“Like anything grown from seed, Lee’s Fresh Produce had the smallest of beginnings. In 2001, the Lee Family sowed its first seeds on a 5-acre farm in Kent, Washington, along with big dreams and the love for fresh and healthy food. What began for Lue and Pha Lee as a chance to relive their farming roots and a chance to explore farming as a serious hobby, quickly evolved to something they had a strong passion for. Our parents, Lue and Pha, grew vegetables primarily for their increasing family with the surplus be sent to the food bank in the Seattle International District. After a few years of (relatively) leisurely developing their green thumbs, my father was laid off as the company he worked for over 20 years decided to downsize. Suddenly he had a lot more time to tend their outdoor sanctuary. The next step was to attend several local farmers markets through the week, selling produce out of the back of their van, to continue to grow the business. Growing up all the Lee children helped on the farm after school and on the weekends. This included planting, weeding, harvesting, rinsing, securing the vegetables, and loading the vans for market days. After 5 years, as the garden grew by leaps and bounds, the second generation in the Lee Family, Christy and Xiong Lee, began to run the family business. The farm has now grown from the original 5 acres to about 40 acres and the business expanded further to include delivery to a few local grocery stores.”

Learn more at: http://www.leesfreshproduce.com
FEATURED RECIPE: Summer Squash Pizza Bites
ADAPTED FROM: closetcooking.com

INGREDIENTS
• 1 tablespoon olive oil
• 2-3 summer squash, cut into 1/4 inch thick slices
• Salt and pepper to taste
• 1/2 cup pizza sauce or marinara sauce
• 1 cup shredded cheese
• 1/2 cup cherry tomatoes, halved
• Any additional pizza toppings (optional)
• Oregano or Italian seasoning (optional)

DIRECTIONS
1. Preheat oven to 450 degrees Fahrenheit. Prepare a baking sheet by lining it with a silicone baking sheet or parchment paper.
2. In a bowl, whisk together the flour, milk, salt and pepper, garlic and red pepper flakes. Place the bread crumbs in a separate bowl and season with salt and pepper. Toss the squash in the batter one at a time, shaking off excess batter. Then, dip the squash into the breadcrumbs to coat, then place onto the baking sheet. Repeat until all of the squash spears are coated.
4. In the meantime, make the slaw by mixing together the cabbage, vinegar/lemon/lime juice, garlic, yogurt (if using), sugar, salt and pepper.
5. Heat the tortillas in the oven, a skillet or a microwave. Assemble the tacos by adding a few spears of squash, a spoonful of slaw, and some cherry tomatoes to each tortilla. Enjoy!

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