WHAT'S FRESH: WEEK 18– October 16, 2019

**Fuji Apples** Magaña Farms, Sunnyside
Store your apples in the crisper drawer of the refrigerator.

**Turnips** Nash’s Organic Produce, Sequim
Store your turnips in an airtight container or plastic bag in the refrigerator crisper drawer.

**Delicata Squash** Kirsop Farm, Rochester
Store your winter squash in a cool, dry place such as a pantry or cupboard.

**Eggplant** Alvarez Organic Farms, Mabton
Store your eggplant in a plastic bag or container in the refrigerator.

**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.

**Pumpkins (full share)** Lee’s Fresh Produce, Kent
Store your pumpkin in a cool, dry place such as a pantry or cupboard.

**Corn (full share)** Sidhu Farms, Puyallup
Store your corn in a plastic bag or container in the refrigerator.

**Beets (full share)** Garden Flowers, Snohomish
Cut the greens off of your beets and store in reusable containers or plastic bags in the refrigerator crisper drawer. Be sure to eat your beet greens, which can be cooked as you would spinach, kale or collards.

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**SPOTLIGHT ON: Eggplant**

- Originating in India, eggplant is a member of the nightshade species and is botanically considered a berry.
- Eggplant is high in dietary fiber and as a chemical called nasunin which is thought to help with blood flow in the brain.
- This delicious vegetable is most often cooked, which gives it a creamy texture and like a sponge will soak up seasoning quite well. Try marinating and grilling your eggplant or adding it to soups, curries or stir-fries. You can also roast your eggplant and eat it as is or blend it into Baba Ganoush. Bread, fry and bake your eggplant, top with cheese and tomato sauce to make eggplant parmesan.

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**Featured Farmer: Nash’s Organic Produce**

Nash Huber, owner of Nash’s Organic Produce, grew up in the Midwest with a strong family tradition of farming. In the 60s, he traveled to the west coast and found his new home in the fertile land of Sequim on the Olympic Peninsula. He started farming on rented property and selling his produce at local farmers markets in the area. In the 90s he formally purchased land and has continued to grow and diversify his business every year. Today, Nash’s actively farms a total of 400 acres, including vegetables, berries, orchard fruit, grain, and organic seed, with another 200 acres in fallow and hay. Nash’s Organic Produce can be found at multiple farmers markets on the Peninsula and around Seattle. Enjoy their farm-fresh turnips in this week’s box!
FEATURED RECIPE: Turnip Eggplant Moussaka
ADAPTED FROM: divaliciousrecipes.com

INGREDIENTS
- 4 tablespoons olive oil
- 2 eggplant, tops removed and sliced lengthwise in rounds
- 5 turnips, peeled and sliced into rounds
- 1 teaspoon garlic or garlic powder
- Salt and pepper to taste
- 2 cups of tomato sauce
- 2 eggs
- 1 cup Greek yogurt
- 3/4 cup cheddar cheese
- 1 teaspoon dried oregano
- Pinch of grated nutmeg

DIRECTIONS
1. Preheat the oven to 375 degrees Fahrenheit.
2. Heat the oil in a large frying pan and gently fry the eggplant slices until golden. Set aside and repeat for the turnip slices. Season with garlic, oregano, salt and pepper to taste.
3. Place a layer of the turnips on a bottom of a glass baking dish, then a layer of eggplant, followed by a layer of the tomato sauce. Repeat the layers again.
4. Mix the eggs, yogurt and cheese together. Season with the nutmeg, salt and pepper.
5. Pour the yogurt mixture over the vegetable layers.
6. Bake in the oven for 1 hour until the top is golden.

FEATURED RECIPE: Baba Ganoush with Roasted Delicata
ADAPTED FROM: lovefromtheland.com

This Middle Eastern dip is similar to hummus but you use roasted eggplant instead of chickpeas, enjoy with roasted squash or pita bread. You can also eat it wraps, sandwiches or salads.

Baba Ganoush Ingredients
- 2 medium eggplants
- 2 garlic cloves
- 1 teaspoon olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons tahini (sesame seed butter)
- 1/2 teaspoon salt, to taste

Delicata Squash Ingredients
- 2 delicata squashes, sliced ½ inch thick and cut around the inside edge to remove the seeds and connecting membrane (should make around 2 dozen slices)
- 3 tablespoons olive oil
- 1 tablespoon cumin
- 1 teaspoon sea salt

DIRECTIONS
1. Preheat oven to 400° degrees Fahrenheit.
2. For the delicata squash combine the oil, cumin and salt then rub on each side of the squash slices and place them on a parchment lined baking sheet.
3. Poke each eggplant with a fork around 10 times, evenly spaced (to let the steam escape) then place them on their own baking sheet. Put the garlic, with the skin still on in a piece of aluminum with the 1 teaspoon of oil and wrap it up then add it to the tray with the eggplant. Put it all in the oven for 40 minutes, flipping the squash halfway through.
4. Just before time is up put the remaining ingredients for the baba ganoush in a blender or food processor. Once the eggplant is done carefully cut it in half (watch out for the torrent of escaping steam) and give it a minute to cool while carefully unwrapping the garlic package. Discard the skins and place the garlic in the blender then use a spoon to scoop out the eggplant flesh and add it into the blender, discard the skin and blend the dip until thoroughly mixed.
5. The squash is best served warm but the dip can be refrigerated and served cold.