WHAT’S FRESH: WEEK 3 – July 3, 2019

SUGAR SNAP PEAS®™ Lee’s Fresh Produce, Kent
Store peas unwashed in the refrigerator in a perforated bag or unsealed container that will allow some air to circulate around them. Fresh peas will decrease in flavor after several days, so eat them quickly!

KALE®™ Yang Farm, Monroe
Store unwashed kale in a plastic bag in the refrigerator and add a paper towel to absorb excess moisture.

APRICOTS Magaña Farm, Sunnyside
Put apricots in a plastic bag or container in the refrigerator if they are ripe. Put them in an open plastic or paper bag and leave them out at room temperature if they need to ripen.

CARROTS® Kirso Farm, Rochester & Tumwater
Remove carrot tops and store separately as they pull moisture away from the root — but don’t toss them! Carrot tops are also edible. Wrap the tops in a damp paper towel and store in a plastic bag. Store unwashed carrot roots in a tightly closed bag in the coldest part of the refrigerator.

MUSTARD GREENS (full share)® Kirso Farm, Rochester & Tumwater
Store unwashed mustard greens in a bag in the vegetable drawer. Mustard greens can also be frozen like spinach.

STRAWBERRY CHERRIES (full share)® Amador Farms, Yakima & Zillah
Store cherries in the fridge and wash just before eating.

FAVA BEANS (full share)® Mariposa Farm, Everson
Store unshelled fava beans in the refrigerator in a plastic or paper bag.

SPOTLIGHT ON: Carrots
- Carrots come in all colors and are full of nutrients including Vitamin A, anti-oxidants, and dietary fiber
- Member of the apiaceae or parsley family along with celery, parsnips, dill, and fennel.
- The tops may taste bitter but are completely edible and very healthy. Try them in salad, sautéed with other veggies, in a broth or sauce, or as a carrot top pesto!
- As a biennial crop, carrots will flower in their second spring if left in the ground to overwinter. When the flowers go to seed, each carrot will have produced thousands of tiny carrot seeds for the next generation.

MEET THE PRODUCER: Sidhu Farms
- Started by Chet Sidhu in 1998, Sidhu Farms is a multigenerational family farm that focuses on berries and also grows an assortment of delicious vegetables.
- The family’s legacy in farming truly began with Chet’s childhood farming in Northwestern India. He speaks 6 different languages and has traveled the world.
- Chet’s son, Sarge Sidhu, says that his father bought farm land in Puyallup because he missed farming. Sarge grew up helping on the farm and says one of his favorite things about this lifestyle is getting to eat produce straight from the field.
- The team wakes up at 4:30 am to start picking berries and brings them fresh to the market that day.

GROWING PRACTICES KEY
⊗No Spray  ○Certified Organic  ★Integrated Pest Management
FEATURED RECIPE: Southern Style Mustard Greens
ADAPTED FROM: The Food Network
SERVES: 6

INGREDIENTS
- 6 slices bacon, chopped (optional)
- 1/2 onion, chopped
- 4 bunches mustard greens, chopped
- 2 cups broth (chicken or vegetable)
- 1 tablespoon cider vinegar
- Salt and pepper to taste
- Hot sauce for serving

DIRECTIONS
1. If using bacon place it in a large, wide pot and cook over medium heat until some of the fat has rendered and the bacon is light golden, about 5 minutes.
2. Add the onions and cook, stirring occasionally until softened, about 5 minutes more.
3. Add the mustard greens in batches, letting each batch wilt before adding the next.
4. Add the broth, vinegar, 1/2 teaspoon salt and a few grinds of pepper.
5. Bring to a boil over medium-high heat, then reduce the heat to low and cook covered, until the greens are very tender, 20 to 25 minutes. Season with salt and pepper and serve with hot sauce on the side if desired.

FEATURED RECIPE: Carrot Top Chimichurri
ADAPTED FROM: loveandlemons.com
SERVES: 1 cup

INGREDIENTS
- 1 cup finely chopped carrot greens
- 2 teaspoons dried oregano
- 1/4 teaspoon cumin
- 1 teaspoon ground sweet paprika
- 1/2 teaspoon crushed red pepper flakes
- 1 garlic clove, minced
- 1 teaspoon salt
- a few grinds of pepper
- 1/4 cup white wine vinegar
- 1/4 cup olive oil

DIRECTIONS
1. Finely chop your carrot greens and mix them with all of the dried spices and minced garlic. Stir in the vinegar and olive oil. Taste and adjust seasonings. (tip: taste it with a carrot or a piece of bread rather than by the spoonful.)
2. Serve with roasted carrots (or other veggies), toasted bread, or over grilled fish or meat.

COOKING TIPS: Fava Beans

With a little bit of preparation, your fava beans will be ready to go as part of a yummy snack or meal.

Start by removing the green outer pod. To do this, pull off the tip and peel back along the side of the bean, just like a green string bean. With the pod open, remove the beans. Each bean also has a waxy coating. Blanch the beans to remove this layer by putting in salted and boiling water for 30-60 seconds then transferring to an ice bath. Then the coating should be easily removable by squeezing the bean or peeling off the coating.

Once the beans are ready to go, you can enjoy them many ways. One option is to steam until tender then season with salt, olive oil, and lemon juice. Favas can also be added to salad or pasta, or mashed as a topping on crackers or crostini.

FOR MORE RECIPES VISIT
WWW.PIKEPLACEMARKET.ORG/PIKEBOX