WHAT'S FRESH: WEEK 4 – July 10, 2019

STRAWBERRIES® Lee’s Fresh Produce, Kent
Arrange the berries (without washing or removing the stems) on a paper towel-lined tray and cover with a plastic bag. Then refrigerate.

PINK or PURPLE RADISHES® Kirsop Farm, Rochester
Remove leafy green tops and store radish roots in a sealed plastic bag with a slightly damp paper towel. Green tops can be stored separately in a plastic bag.

LETTUCE® Mariposa Farm, Everson
Store lettuce in a container lined with paper towels and a lid on top. The hard-sided container protects the lettuce from bruising damage caused by bumping around in the refrigerator.

NEW RED THUMB POTATOES® Alvarez Organic Farms, Mabton
New potatoes are freshly dug, with thin skins and a shorter shelf life. Keep them in a paper bag or loosely wrapped plastic in the fridge and use new potatoes within a few days.

BABY BOK CHOY® (full share) Kirsop Farm, Rochester
Store bok choy in an unsealed plastic bag in the refrigerator. The leafy tops can wilt faster than head cabbage, so use within 2-3 days.

BASIL® (full share) Alvarez Organic Farms, Mabton
Place basil stems in a jar of water, just like cut flowers. Loosely cover with a plastic bag and leave it on the counter.

BOYSENBERRIES® (full share) Sidhu Farms, Puyallup
Store unwashed boysenberries in a shallow container, loosely covered in the refrigerator.

ELEPHANT GARLIC® (full share) Alvarez Organic Farms, Mabton
Store elephant garlic at room temperature in a dry, dark place that has plenty of air circulation.

SPOTLIGHT ON: Radishes

- Radishes are members of the Brassicaceae family, which includes turnip, horseradish, and wasabi.
- Radishes are a fast-growing root vegetable. The scientific name for the genus that includes radishes is “Raphanus,” Greek for “appearing rapidly.”
- Radishes are most often eaten raw or pickled, but they can also be cooked, which mellows their spicy bite and gives them a juicy texture. They can be roasted with garlic, sautéed with their leafy greens, or even thrown on the grill with some olive oil!

MEET THE PRODUCER: The Brewmaster’s Bakery

Marley Rall is the owner and baker at The Brewmaster’s Bakery. Inspired by her love of baking and beer, Marley creates delicious baked goods using spent grain, a by-product of the brewing process, from local craft breweries.

Marley bakes a wide range of small-batch sweet and savory goodies, including granola, cookies, bread and dog treats!

You can also visit Marley at The Brewmaster’s Taproom, a dog-friendly spot in Renton!
FEATURED RECIPE: Sautéed Baby Bok Choy

ADAPTED FROM: NY Times Cooking

SERVES: 4

INGREDIENTS

- 2 tablespoons neutral cooking oil, like canola
- 2 garlic cloves, peeled and minced
- 1 ¼-inch piece ginger root, peeled and minced
- ¼ teaspoon red-pepper flakes, or to taste
- 4 bunches of baby bok choy, approximately 1½ pounds, cleaned, with the ends trimmed
- 1 tablespoon soy sauce
- 1 tablespoon chicken stock or water
- Toasted sesame oil for drizzling (optional)

DIRECTIONS

1. In a large sauté pan with a lid, heat oil over medium–high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.
2. Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan.
3. Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more. Remove from heat and drizzle with sesame oil.