WHAT’S FRESH: WEEK 6  –  July 24, 2019

SUGAR PEA VINES®  Lee’s Fresh Produce, Kent
Store loosely wrapped in plastic in the refrigerator. For longer storage, clean them first, then roll them up in paper towels, and pop the whole bundle into a plastic bag in the fridge.

DAIKON RADISHES®  Kirsop Farms, Rochester
Remove leafy green tops and store daikon roots in a sealed plastic bag with a slightly damp paper towel. Green tops can be stored separately in a plastic bag.

KALE  Green Cuties, Fall City
Store unwashed kale a plastic bag in the refrigerator and add a paper towel to absorb excess moisture.

PEACHES*  Martin Family Orchards, Orondo & Cashmere
Unripe peaches 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.

GOLDEN BEETS (full share)®  Kirsop Farms, Rochester
Trim leaves two inches from the root and store separately in a plastic bag. Leaves should be eaten quickly, within 2-3 days. The root should be stored in a plastic bag in the crisper draw of the refrigerator.

ENGLISH CUCUMBERS (full share)®  Mariposa Farm, Everson
Store dry cucumbers in a plastic bag with moderate airflow, and lined with a paper towel to reduce moisture.

RAINIER CHERRIES (full share)®  Amador Farms, Yakima & Zillah
Store cherries in an unsealed plastic bag in the refrigerator; wash right before eating.

SPOTLIGHT ON: Daikon Radishes

- The word daikon comes from two Japanese words: dai meaning “large” and kon meaning “root.”
- Daikon radishes are usually milder and less peppery than other radishes. When served raw they taste fresh and tangy; when cooked they taste similar to turnips.
- Although the daikon root is most commonly eaten, the leaves are nutritious and edible as well. If you're stir-frying your daikon, throw in the tops for a different texture and color.

PM: PRODUCERS MARKET -  Artists Tables + Live Music + Food + Drinks + Sunset

It’s time to celebrate summer, the sunshine and beautiful sunsets. What better place to do it then at Pike Place Market’s July PM: Producers Market.

This month we have decked out the MarketFront Pavilion with a Pacific Northwest picnic theme – think checkered table clothes, grilled salmon sandwiches, gelato, Puget Sound views, baby goats, handmade local products and live music. Plus a watermelon eating contest!

Come meet our Market Artists featuring handmade jewelry, candles, ceramics, artwork, and natural beauty products. Soak up the sun and enjoy the 70+ degree weather, with a COLD beer or glass of wine at our pop-up Pavilion bar.

Special guests this month: Baby goats from Stone City Farm and 2018 Seattle Mayor’s Art Award winner Michelle Lassaline with a guest “animal” providing “You as an Animal” portraits.

Where: Pike Place MarketFront Pavilion
When: Thursday, July 25, 5:30 – 8:30 p.m.
$5 evening parking starting at 5pm

GROWING PRACTICES KEY
○ No Spray  ● Certified Organic  ★ Integrated Pest Management
FEATURED RECIPE: Garlicky Stir-Fried Pea Shoots
ADAPTED FROM: Food 52
SERVES: 6-8

INGREDIENTS
- 3 tablespoons vegetable oil
- 1/2 teaspoon fresh ginger, minced
- 3 to 5 cloves of garlic, chopped
- 1 pound fresh pea shoots, washed and dried
- 1/2 tablespoon sugar
- Salt to taste
- 1 to 2 tablespoons rice wine

DIRECTIONS
1. Heat a wok or pan over high heat. Add vegetable oil. Add garlic and ginger and fry until fragrant.
2. Add in pea shoots in one batch. If you can’t add it all at once, then work in batches—they will wilt. Stir for a few seconds.
3. Drizzle in about 2 tablespoons of water and keep stirring.
4. Add sugar and salt and quickly stir and toss to evenly distribute. Keep heat on high.
5. Once the pea shoots begin to look bright green and just wilted, add in rice wine, stir twice, and then turn off heat. Drain and serve hot.

FEATURED RECIPE: Golden Beet Slaw
ADAPTED FROM: Raisinggenerationnourished.com
SERVES: 6

INGREDIENTS
- 3 golden beets, grated or cut into matchsticks
- 1/2 small head red cabbage, sliced thin
- 1 bunch green onions, chopped
- 1/2 lb cherry tomatoes, halved
- 1/2 cup olive oil
- 1/2 cup sour cream or yogurt
- Juice from 1/2 lemon
- 1 tablespoon honey
- 2 garlic cloves
- 1 teaspoon paprika
- Salt and pepper to taste

DIRECTIONS
1. Mix all the veggies together in a large mixing bowl.
2. Mix the rest of the ingredients except for the oil together using a food processor or a whisk, then slowly add the oil as you continue to mix.
3. Add the dressing to the veggies and combine!