Aztec Fuji Apples ★ • 2 lbs. • Martin Family Orchards, Orondo, WA
Apples will last longer if kept in the refrigerator, but can also be left at room temperature. These apples are delicious on their own but also make a great addition to stuffing, salads, pies, and other desserts!

Bartlett Pears ★ • 2 lbs. • Martin Family Orchards, Orondo, WA
Just like apples, pears will last longer if kept in the refrigerator, but should be left at room temperature to ripen.

Lemons ☇ • 2 each • Alm Hill Gardens, Everson
Store in the refrigerator.

Fingerling Potatoes ○ • 1.25 lbs. • Alvarez Organic Farms, Mabton
Store potatoes in a cool, dark place with good ventilation away from onions. Don’t refrigerate.

Blue Oyster Mushrooms ☇ • .25 lbs. • Dog Island Mushrooms, Guemes Island
Store in refrigerator in loosely closed paper bag. Do not wash. Cut off ends of stems and wipe caps with damp paper towel before using.

Buttercup Squash ☇ • 1 each • Sidhu Farms, Puyallup
Store for up to a month in a cool, dark place. Only refrigerate after cooked or cut. See the preparation tips for roasting squash.

Carnival Squash ☇ • 1 each • Sidhu Farms, Puyallup
Store for up to a month in a cool, dark place. Only refrigerate after cooked or cut. See the preparation tips for roasting squash.

Collard Greens ☇ • 1 bunch • Green Cuties, Carnation
Store in the refrigerator in a plastic bag or container.

Beets ☇ • 1 bunch • Garden Flowers, Snohomish
Remove greens and store roots separately in the refrigerator in plastic bags or containers.

Walla Walla Sweet Onions ○ • 1 lb. • Alvarez Organic Farms, Mabton
Wrap each onion in their own paper towel and store in the refrigerator.

Carrots ☇ • 1 bunch • Garden Flowers, Snohomish/Green Cuties, Carnation
Store carrots in containers or plastic bags in the refrigerator crisper drawer.

GROWING PRACTICES KEY:

○ No Spray  ★ Certified Organic  ★ Integrated Pest Management  ☇ Transitional
SPOTLIGHT ON: Bartlett Pears

According to USA Pears, the Bartlett pear we know today was first referred to as Stair’s pear because it was originally discovered in 1765 by a schoolmaster in England named Mr. Stair. Later, a nurseryman named Williams acquired the variety and introduced it to the rest of England as Williams' Bon Chretien, which translates to "Williams' good Christian," or Williams pear for short. In 1799, several Williams pear trees were imported to the U.S. and planted on the estate of Thomas Brewer in Roxbury, Massachusetts. Enoch Bartlett of Dorchester, Massachusetts would later acquire the estate and introduce the variety under his own name. It wasn’t until 1828 that it was realized that Bartlett and Williams pears are actually the same variety. Bartlett pears are great for canning, syrups, chutneys, and more. How do you like your Bartlett pear? Crunchy and tart? Go for it when the skin is green! Moist and mildly sweet? Yellow-green is what you’re aiming for. Let it ripen until golden yellow though if you’re looking for that burst of super sweet juice!

SPOTLIGHT ON: Collard Greens

Collard greens are a broad-leaved vegetable of the Brassica oleracea species, which also includes broccoli, Brussels sprouts, cabbage, and kale. Collard greens are a cool season vegetable and are more resistant to frost than any other cabbage variety, which means they can last well into the winter in our region. Dense with vitamins and nutrients, the dark, leafy greens contain high amounts of vitamins A, C, and K, calcium, folate, and fiber. Collards are rich in the antioxidant beta-carotene which helps cells defend themselves against the damage caused by free radicals. A staple vegetable in many pantries in the southern US and around the world, collards are often cooked with other greens, smoked meats or beans; stewed with root vegetables; sautéed with oil and onions and served with fish; thin sliced into soup; and cooked in spices and eaten with rice. Collards are delicious and nutritious no matter how you enjoy them — just don’t overcook!

MEET THE PRODUCER: GARDEN FLOWERS

Leema Cha and her husband, Zong are from the mountains north of Luang Prabang in Laos. In Laos, Leema and her family were lifetime farmers because she says there were no grocery stores where they lived. When Leema and Zong arrived in Washington, they continued to do what they knew: farming. Washington did have some surprises for them though. Leema will never forget the day they arrived in Seattle; it was December 27, 1989 and it was the first time they had ever seen snow! In 1995 Leema and Zong started Garden Flowers as a flower farm and since then the flower farm has expanded to growing produce. Leema and Zong love to share recipes with their customers and their favorite is when customers return to tell them about their cooking success. Your carrots and beets come from the Cha’s backyard affectionately called “the little farm.”
MEET THE PRODUCER: MARTIN FAMILY ORCHARDS

In 1984, Rick Martin bought a small piece of property in Cashmere, Washington, that came with about 3 acres of Red Gold Nectarine, Golden Delicious and Red Delicious Apple trees. Rick decided to keep the trees as a hobby that would one day become Martin Family Orchards. In August of 1985, Rick and his wife, Terri Martin, brought their fruit to Pike Place Market, selling all 30 buckets of apples and nectarines on their first day! In the intervening years, the Martin Family Orchard has expanded to over 25,000 trees and nearly 100 acres of Cherries, Apricots, Peaches, Nectarines, Apples, Pears and Asian Pears with more than 20 different varieties. The Martin Family has also grown, with Rick and Terri’s three sons, as well as their families, still working the orchard lands. We hope you enjoy the tree ripened pears and apples in this week’s Harvest Box!

Apple Cheddar Pancakes

INGREDIENTS
6 ounces bacon, cut into 1/2 inch pieces (optional) 1 egg, lightly beaten
1 cup all purpose flour 1 tablespoon melted butter
1 teaspoon baking powder 2 tablespoons honey (or brown sugar, or sugar)
1/2 teaspoon baking soda 1 cup apple, peeled, cored and grated or shredded
1/4 teaspoon salt 1 cup cheddar cheese, diced
1/4 teaspoon cinnamon
3/4 cup milk (or buttermilk)

Cook the bacon and set it aside.

Mix the flour, baking powder, baking soda, salt and cinnamon before gently mixing in the mixture of the milk, egg, butter and honey followed by the apple, cheddar and bacon.

Heat a pan over medium heat, optionally with a bit of oil or butter, add 1/4 to 1/3 cup batter and cook until bubbles start to form on the surface, about 1-2 minutes, before flipping and cooking until the bottom is lightly golden brown, about 1-2 minutes. Repeat until done.

Adapted from: Closetcooking.com

Pan Fried Oyster Mushrooms

INGREDIENTS
1 tablespoon Olive Oil 2 sprigs of thyme
.25 pound Oyster mushrooms, cut into evenly sized pieces 1 tablespoon ghee or butter
1 clove garlic, smashed Salt and pepper to taste
1 1/2 teaspoons fresh thyme, minced

DIRECTIONS
Heat the olive oil in a large, heavy skillet over medium high heat.

Spread the mushrooms out in a single layer in the pan. Cook, undisturbed for 3-5 minutes until they start to brown.

Stir the mushrooms and cook for another 3-5 minutes until browned all over.

Add the ghee/butter, garlic, and thyme to the skillet and reduce the heat to low. Cook for another 5-6 minutes, spooning the ghee/butter over the mushrooms until they are dark brown and slightly crispy.

Remove the thyme springs and season the mushrooms with salt and pepper to taste. Enjoy!

Adapted from: Thesophisticatedcaveman.com
### Carrot Gnocchi

**INGREDIENTS**
- 2 cups peeled and chopped carrots
- 2 egg yolks
- Pinch of salt
- ½ cup grated Parmesan cheese, plus more for garnishing
- 1½ cups all-purpose flour
- 8 tablespoons (1 stick) butter
- 3 garlic cloves, minced
- ¾ cup sage leaves
- Salt and freshly ground black pepper

**DIRECTIONS**
Place the carrots in a medium pot and cover with water. Bring to a boil over medium heat. Continue to boil until the carrots are very tender, 12 to 15 minutes. Drain.

Transfer the drained carrots to a large bowl and mash until very smooth. Stir in the egg yolks, salt and Parmesan. Add the flour and mix just until incorporated.

On a lightly floured surface, roll a third of the carrot dough into a log about ¾ inch thick. Cut the log into 1-inch pieces. Transfer the finished gnocchi to a floured baking sheet. Repeat with the remaining dough.

Bring a large pot of salted water to a boil. Add the gnocchi and cook until they float to the surface, 3 to 4 minutes. Drain.

In a large sauté pan, melt the butter over medium heat. Cook until the butter begins to turn lightly brown and smells nutty, 8 to 10 minutes. Add the garlic and sage, and cook until fragrant, 1 to 2 minutes.

Add the drained gnocchi to the pan and sauté until well coated in butter, garlic and sage. Season with salt and freshly ground black pepper, and garnish with Parmesan. Serve immediately.

Adapted from: Purewow.com

### Sausage and Apple Stuffed Winter Squash

**INGREDIENTS**
- 2 winter squash, halved
- Olive oil
- Salt & Pepper
- 1 pound ground sausage (or substitute)
- 1 small onion, finely chopped
- 2 large carrots, finely chopped
- 2 apples, diced
- 1/2 teaspoon sage
- 1 cup bread crumbs (like Panko)
- 1 cup shredded Parmesan cheese

**DIRECTIONS**
Heat oven to 400 degrees. Use a sharp knife to cut off each end of the acorn squash, removing as little as possible. Then cut in half. Spoon out seeds and brush inside of squash with olive oil, then sprinkle salt and pepper over squash to taste. Bake for 40 minutes-1 hour, until squash is tender enough to pierce with a fork.

While the squash is baking, sauté the sausage for 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible. Keep grease from the sausage to sauté onions and carrots in pan. Add apples and sauté until softened. Stir in sage and bread crumbs, then 3/4 cup of parmesan and stir until cheese begins to melt. Set aside.

Once squash has finished baking, spoon in the sausage and veggie mixture. Return to oven and bake an additional 15-20 minutes. Remove from oven and top with remaining parmesan cheese.

Adapted from: Cherishedbliss.com
Hanger Steak with Tahini and Smashed Charred Beets

INGREDIENTS
2 bunches small yellow or red beets, scrubbed clean, dried (about 1½ pounds)
6 tablespoons extra-virgin olive oil, divided
Kosher Salt
1 red chile (such as Fresno, jalapeño, or cayenne), thinly sliced into rings
2 tablespoons white wine vinegar
2 teaspoons honey
6 tablespoons tahini
¼ cup fresh lemon juice
1 pound hanger or skirt steak, cut into 4 pieces
2 scallions, thinly sliced
Mild crushed red pepper flakes (for serving)

DIRECTIONS
Preheat oven to 450°. Toss beets with 1 Tbsp. oil on a large, foil-lined rimmed baking sheet and season with salt. Roast, tossing once, until charred on the outside and tender, 45–50 minutes. Let cool slightly.

Meanwhile, whisk chile, vinegar, honey, and 2 Tbsp. oil in a small bowl. Season with salt.

Whisk tahini, lemon juice, 2 tbsp. oil, and ¼ cup water in a small bowl until smooth and thick. Season with salt.

Season steaks with salt. Heat remaining 1 Tbsp. oil in a large skillet over medium-high. Cook steaks, turning occasionally, until well-browned on all sides (about 4 minutes per side for medium-rare, or an instant-read thermometer inserted into thickest part of steak registers 130°). Transfer steak to a cutting board and let rest 5 minutes before slicing.

Spoon tahini mixture onto plates, dividing evenly. Smash beets with the palm of your hand or the flat side of a chef’s knife and add to plates. Slice steak and place alongside beets. Drizzle chile dressing over, then top with scallions and red pepper flakes.

Adapted from: Bonappetit.com
Potato and Collard Green Hash

**INGREDIENTS**
- 1 large bunch collard greens, about 1 1/2 pounds, stemmed and washed in 2 changes of water
- Salt to taste
- 3 tablespoons extra virgin olive oil
- 1 onion, sliced very thin in half-moons
- 2 to 4 garlic cloves, green shoots removed, thinly sliced
- ¼ to ½ teaspoon crushed red pepper flakes (optional)
- ¾ pound potatoes

**DIRECTIONS**
Bring a large pot of water to a boil. Fill a bowl with ice water. When the water comes to a boil, salt generously and add the collard greens. Blanch for four minutes, and transfer to the ice water with a slotted spoon or skimmer. Drain and squeeze out extra water. Chop coarsely. Set aside the cooking water.

Heat 2 tablespoons of the oil over medium heat in a wide, lidded skillet or Dutch oven, and add the onion. Cook, stirring often, until it begins to soften, about three minutes. Add a generous pinch of salt, the garlic and crushed red pepper flakes. Continue to cook, stirring often, until the onion is tender, about five minutes. Stir in the collard greens. Mix together for a few minutes, and then add 1 cup of the cooking water and salt to taste. Bring to a simmer, cover partially, and simmer over low heat for 45 minutes to 1 hour, stirring often and adding more cooking water from time to time, so that the greens are always simmering in a small amount of liquid.

While the greens are cooking, scrub the potatoes and add to the pot with the cooking water. Bring back to a boil, lower the heat and simmer until the potatoes are tender, about 25 minutes. Remove the potatoes from the cooking water, and allow to cool slightly so that you can peel them if you wish. Cut them into large chunks.

Uncover the greens, and add the potatoes. Using a fork or the back of a wooden spoon, crush the potatoes and stir into the greens. Add a tablespoon of olive oil and salt and pepper to taste, and stir over low heat until the greens and potatoes are well combined. The potatoes should not be like mashed potatoes, just crushed and intermingled with the greens, like hash. Taste, adjust seasonings and serve.

Adapted from: cooking.nytimes.com

Roasted Squash with Pear and Blue Cheese Streusel

**INGREDIENTS**
- 3 winter squash
- 2 tablespoons olive oil
- 1 ripe pear any variety
- 1/2 cup chopped walnuts
- 2 tablespoons brown sugar
- 1/8 teaspoon ground cumin
- 2/3 cup crumbled blue cheese
- Salt and pepper

**DIRECTIONS**
Preheat the oven to 400 degrees F. Cut each squash into quarters and scoop out the seeds. Then place the squash pieces on a rimmed baking sheet and drizzle with olive oil. Salt and pepper liberally.

Roast the squash for 40-45 minutes, until fork tender. Meanwhile, dice the pear and mix it with the walnuts, brown sugar, 3/4 teaspoon sea salt, and cumin. Once the squash is tender scoop the pear mixture into the cavity of each squash wedge and top with blue cheese.

Bake again for 10-15 minutes to soften and toast the cheese. Serve warm.

Adapted from: aspicyperspective.com