WHEN'S FRESH
WEEK 1: September 2

Half Share Items

**TOMATOES**
- Alm Hill Gardens, Everson
  - Store on the counter in paper bag. Place in fridge if very ripe.

**SUMMER SQUASH**
- Alvarez Organic Farms, Mabton
  - Keep in crisper drawer of refrigerator and wash just before eating.

**RED OR GREEN CABBAGE**
- Sidhu Farms, Puyallup
  - Store unwashed in a plastic bag in the fridge. Wash before cooking.

**BLUEBERRIES**
- Sidhu Farms, Puyallup
  - Store in their container in the fridge. Wash right before eating.

Full Share Items

**GREEN BEANS**
- Lee's Fresh Produce, Kent
  - Store beans unwashed in a plastic bag in the refrigerator.

**RED OR GOLD BEETS**
- Green Cuties, Fall City
  - Remove stems and store the beets in a loose plastic bag in the refrigerator.

**BASIL**
- Green Cuties, Fall City
  - Trim stems and place bunch in a glass of water, like flowers. Cover loosely with a plastic bag and leave on counter.

**ITALIAN PLUMS**
- Amador Farms, Yakima
  - Keep plums in the fridge, or leave in paper bag on counter to ripen.

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**CABBAGE**

Fact: Cabbage is one of the oldest cultivated veggies on record—it dates back at least 6,000 years to China's Shensi Province.

Fact: Although it is 92% water, cabbage is a great source of fiber, Vitamin C & K and is rich in phytochemicals that have been shown to protect against some cancers.

Fact: There are at least 100 varieties of cabbage cultivated worldwide. The most common are green, red, and savoy.

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**MEET THE PRODUCER**

**Sidhu Farms**

**Facts:**
- Since 1998, Chet Sidhu and his family have been growing berries and vegetables in the Orting and Puyallup Valleys.
- Sidhu Farm blueberries are certified organic, and the farm is in the “transitional” stage of organic certification for strawberries, raspberries, blackberries, and boysenberries.
- These days, Chet gets help from his three suns—Kamal, Sunny, and Sarge, who manage various aspects of the farm including farmers markets, harvesting, and the onsite fruit stand.

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**GROWING PRACTICES KEY**

- No Spray
- Certified Organic
- Integrated Pest Management
FEATURED RECIPE: Zucchini, Rice and Cheese Gratin
ADAPTED FROM: Deb Perelman—Smitten Kitchen

INGREDIENTS
- 2 lbs zucchini
- 2 tsp kosher salt
- 1/2 cup uncooked white rice
- 1 small onion, minced
- 4 Tbsp olive oil
- 2 small garlic cloves, minced
- 2 Tbsp flour (optional)
- 1/2 cup water or broth or milk
- 2/3 cup grated Parmesan
- Salt & pepper to taste

DIRECTIONS
1. Butter or oil a 2-quart baking dish, and heat the oven to 325 F.
2. Prepare zucchini by washing and then trimming ends. Cut in half lengthwise and grate coarsely. Set aside in a large bowl.
3. Heat a sauté pan to cook the minced onions with 3 Tbsp oil until they are soft and translucent. This should be about 10 minutes. Raise heat to gently brown the onions, then add the minced garlic. Add uncooked rice and sauté everything together for 2-3 minutes more. Add salt and pepper to taste.
4. Next, transfer sautéed onion and rice mix to the bowl with the zucchini. Add 1/2 cup water/broth/milk (your choice) and most of the parmesan (Save 2 Tbsp for later). Adjust seasoning to taste. Then pour everything into the baking dish.
5. Cover with foil and bake for 50-60 minutes. The rice should be cooked but not mushy. Increase oven to 450, remove foil, drizzle top with remaining olive oil or butter, sprinkle on remaining parmesan and bake until brown and crisp on top—about 15 minutes longer.

FEATURED RECIPE: Green Bean, Tomato, Basil Salad
ADAPTED FROM: Kayln’s Kitchen

INGREDIENTS
- 1 lb green beans
- 1/2 small sweet onion, cut into slivers
- 1 lb tomatoes, sliced
- Basil to taste, sliced thin
- Salt and pepper to taste

Dressing:
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/2 sea salt

DIRECTIONS
1. Steam beans for 5 minutes (alternatively, you can sauté beans with water to steam, or lightly boil). If desired, place beans in ice water after cooking to keep them fresh and crisp. Then drain.
2. Slice tomatoes, and slice onions into thin slivers.
3. Whisk together dressing ingredients: olive oil, minced garlic, lemon juice, oregano, salt.
4. Wash the basil leaves, dry with paper towels, and slice into thin strips.
5. Toss together beans, tomatoes, and onions in a large bowl. Then add dressing, and finally garnish with the basil.

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