WHAT'S FRESH

WEEK 2: September 9

Half Share Items

CHERRY TOMATOESLee's Fresh Produce, Kent
Store in their container on the counter or in the fridge.

KABOCHA SQUASHLee's Fresh Produce, Kent
Keep on the counter and use soon, or in a cool, dry & dark place for one month or longer.

EGGPLANTAlvarez Organic Farms, Mabton
Store eggplant unwashed in a bag in the refrigerator. Eat within a few days.

ASIAN PEARMagaña Farms, Sunnyside
Store on counter to ripen, or in fridge if already very ripe and not going to be eaten promptly.

Full Share Items

RED OR GOLD BEETSCha's Farm, Snohomish
Cut off tops and store separately (but don't toss! Also edible) Store beets in a plastic bag or container in the refrigerator.

RED ONIONAmador Farm, Yakima
Store onions long-term in a cool, dry, dark, well-ventilated area. Peeled onions can be stored in the fridge for a week or two.

PRESIDENT PLUMSAmador Farm, Yakima
Store ripe plums in a bag or container in the refrigerator. Plums can also be left on the counter to ripen if needed.

Fact:
Eggplant belongs to the Solanaceae (nightshade) family, making it a close relative to tomatoes, peppers and potatoes, among other edible and medicinal crops.

Fact:
With origins in South Asia, the Sanskrit word for eggplant is “vatinganah” which morphed to “badingan” in the Persian language, then “al-badinjan” in Arabic, then “albarengena” in Spanish (now berenjena) and “aubergine” in French. In English, the word “eggplant” comes from a variety popular in the 18th century that grew small, white, egg-shaped vegetables.

Fact:
These veggies are a great source of fiber, Vitamins C & K, several B vitamins, and antioxidants.

MEET THE PRODUCER

Cha’s Farm

Fact: Yeng Lee Cha manages 40 acres of fruit, vegetable, and flower fields right outside of Snohomish. She takes on much of the work and responsibilities on her family’s farm, and her husband has worked at Boeing for 30 years.

Fact: Cha’s sister farms down the road and also supplies produce to the CSA!

Quote: “I have been growing beets for many years but I used to never eat them. I did not like them. But once I visited my doctor and she told me that I should eat beets every day because they help fight off bad things in your body. Now I eat beets every day and I don’t mind the smell at all. I love beets and am very healthy”.

Growing Practices Key

⊙ No Spray  ○ Certified Organic  ★ Integrated Pest Management
**FEATURED RECIPE:** Eggplant & Tomato Frittata  
**ADAPTED FROM:** Eats Well with Others

**INGREDIENTS**
- 1 pint of cherry tomatoes
- 6 eggs
- 1 cup milk
- 1 lb ricotta

**DIRECTIONS**
1. Heat oven to 450 F
2. In a bowl, toss together the olive oil, eggplant cubes, and tomatoes. Add salt and pepper to taste. Spread on a baking sheet (or the pie dish or baking dish you will use in Step 5 to minimize dishes) and roast for 20-30 minutes. Eggplant will be tender, and tomatoes should be bursting.
3. Remove veggies from oven and lower oven temperature to 375.
4. In a second bowl, whisk eggs and milk. Add any desired spices—red pepper flakes, herbs, etc.
5. Grease a 9 inch pie dish, or use any baking dish. Spread out vegetables in pan, then pour in the egg/milk mix. Vegetables should evenly distributed. Top with ricotta.
6. Bake for ~30 minutes, until eggs are set. This might be shorter with a larger baking dish. Enjoy for any meal.

**FEATURED RECIPE:** Roasted Kabocha Squash  
**ADAPTED FROM:** Nutritious Eats

**INGREDIENTS**
- 1 Kabocha squash
- 2 Tbsp coconut oil (or olive oil)
- Salt to taste
- Cinnamon to taste

**DIRECTIONS**
1. Preheat oven to 400 degrees and line a baking sheet with foil or parchment paper.
2. Start with the tip of your knife (you’ll need a chef’s knife or other large kitchen knife) in the center of the squash and cut in half lengthwise, using a rocking motion to get it through. If it won’t work, try the other half first. Push the halves apart with your hands. If the squash is too hard to cut, try baking it whole for 10 minutes, then trying again.
3. Use a spoon to scoop out the seeds and stringy flesh. The seeds can be roasted too!
4. Cut each half into 3 wedges for easier eating.
5. Melt coconut oil in microwaves and toss on the squash wedges. Season lightly with salt, then sprinkle generously with cinnamon.
6. Bake for 30-35 minutes or until easy to poke through with a fork. The skin is edible when cooked—no need to remove it. Modifications: Kabocha are delicious roasted with most anything, savory or sweet! Try maple syrup and hazelnuts as a sweet option, or chili flakes, cilantro, lime and scallions for a spicy savory side.

For more recipes visit www.PikePlaceMarket.org/PikeBox