Half Share Items

DELICATA SQUASH
Kirsop Farm, Rochester
Squash will last 3-6 months stored in a dry and cool location.

BEETS
Garden Flowers, Snohomish
Cut off tops and store separately (but don’t toss! Also edible). Store beets in a plastic bag in the refrigerator.

KALE MIX
Green Cuties, Carnation
Store in a cool, Store in plastic bag in the refrigerator.

GROUND CHERRIES
Mariposa Farm, Everson
Place in a mesh bag and keep in a cool place.

Full Share Items

CAULIFLOWER
Sidhu Farms, Puyallup
Store in a loosely sealed plastic bag in the refrigerator.

CHERRY TOMATOES
Green Cuties, Carnation
Store in their container on the counter or in the fridge if very ripe.

GALA APPLES
Amador Farms, Yakima
Store in the fridge.

RADISHES
Amador Farms, Yakima
Cut off tops and store separately (but don’t toss! Also edible). Store in the refrigerator in a plastic bag with a damp paper towel.

Ground Cherries
Fact: These little golden gems are in the same genus as tomatillos (Physalis philadelphica) and have a similar papery husk. They are also in the same family as tomatoes. Ground cherries are a very good source of vitamin A, vitamin C, and niacin.
Fact: Ground cherries taste slightly sweet and tropical, with a texture that’s somewhere between a tomato and a grape. They are very good in both sweet and savory dishes. They can be made into puree or salsa verde or baked as a ground cherry pie, upside-down cake, or a husk cherry and plum tart.
Fact: Ground cherries fall to the ground when they are ripe, hence their name.

MEET THE PRODUCER

Garden Flowers
Fact: Garden Flowers was started as a flower farm in 1995 by Leema Cha and her husband, Zong. Since then the flower farm has expanded to growing produce.
Fact: Leema Cha and her family are from the mountains north of Luang Prabang in Laos. They have been lifetime farmers because she says there were no grocery stores where they lived.
Fact: 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!
DIRECTIONS
1. Preheat oven to 400 degrees.
2. Rinse the squash and slice in half lengthwise. Use a spoon to scoop out the seeds. Slice the halves into 1/2” thick half-moons and transfer to a large bowl.
3. Add chopped beets to the bowl with squash. Toss with approximately half of the olive oil and dried rosemary. Season with salt and pepper.
4. Arrange squash and beets in a single layer on a baking sheet and roast for 10 minutes.
5. While squash and beets are roasting, toss apples and onion with remaining oil and rosemary and arrange in a single layer on another baking sheet.
6. After 10 minutes, remove squash and beets from oven, flip and return. Add apples and onion to oven and roast all items for an additional 15-20 minutes, flipping halfway through.
7. Remove from oven, combine and serve warm.

FEATURED RECIPE: Rosemary Roasted Squash, Beets, and Apples
ADAPTED FROM: Bytesizenutrition.com

INGREDIENTS
- 2 tbsp. olive oil, divided
- 1 Delicata squash
- 2 cups beets, chopped into 1” cubes
- 2 cups apples, chopped into 1” cubes
- 1/2 medium onion, chopped into 1” slices
- 1 1/2 tsp. dried rosemary, divided
- 1/4 tsp. salt

DIRECTIONS
1. Preheat oven to 400 degrees.
2. Rinse the squash and slice in half lengthwise. Use a spoon to scoop out the seeds. Slice the halves into 1/2” thick half-moons and transfer to a large bowl.
3. Add chopped beets to the bowl with squash. Toss with approximately half of the olive oil and dried rosemary. Season with salt and pepper.
4. Arrange squash and beets in a single layer on a baking sheet and roast for 10 minutes.
5. While squash and beets are roasting, toss apples and onion with remaining oil and rosemary and arrange in a single layer on another baking sheet.
6. After 10 minutes, remove squash and beets from oven, flip and return. Add apples and onion to oven and roast all items for an additional 15-20 minutes, flipping halfway through.
7. Remove from oven, combine and serve warm.

FEATURED RECIPE: Kale with Ground Cherries
ADAPTED FROM: Yummly.com

INGREDIENTS
- 2 tbsp. olive oil, divided
- 1 Delicata squash
- 2 cups beets, chopped into 1” cubes
- 2 cups apples, chopped into 1” cubes
- 1/2 medium onion, chopped into 1” slices
- 1 1/2 tsp. dried rosemary, divided
- 1/4 tsp. salt

DIRECTIONS
1. Mince garlic, jalapeño, and ginger. Thinly slice onion, separating the rings, and chop cilantro.
2. Wash and roughly chop the kale.
3. Wash ground cherries and cut them in half.
4. Heat oil in a large sauté pan or skillet. Add the onion and sauté briefly, just until they start to turn translucent and a little brown, about 3 minutes.
5. Stir in garlic, ginger, and jalapeño.
6. Add kale, ground cherries, and cilantro. Sauté, stirring frequently until kale and ground cherries have softened, about 5 minutes. If the pan seems to be drying out too quickly, add a little more oil or a tbsp. of water.