WHAT’S FRESH

WEEK 6: July 22

Half Share Items

GREEN BEANS Alvarez Organic Farms, Mabton
Store unwashed in a plastic bag in the crisper drawer of the fridge

RAINBOW CHARD Green Cuties, Fall City
Wrap in a damp paper towel and place in an unsealed plastic bag in the fridge. Chard can also be blanched and frozen to use later.

EASTER EGG RADISHES Lee’s Fresh Produce, Kent
Cut off tops and store separately. Store radishes in a plastic bag or closed container with a paper towel to absorb excess moisture.

BLUEBERRIES Alm Hill Gardens, Everson
Store in their container in the fridge. Wash right before eating.

Full Share Items

CUCUMBERS Magaña Farms, Sunnyside
Rinse, dry, and wrap in paper towel or dish towel. Place in unsealed plastic bag in fridge.

CORN Amador Farms, Yakima
Keep corn ears wrapped tightly in a plastic bag in the refrigerator.

DONUT PEACHES Magaña Farms, Sunnyside
Store at room temp to ripen, or in the fridge once ripe.

---

MEET THE PRODUCER

Alm Hill Gardens

Fact: Ben Craft and Gretchen Hoyt have been farming this 30 acre property off Alm Road for decades. Ben bought the first parcel with his father in 1967.

Fact: Initially getting their start with raspberries, Alm Hill now focuses on flowers, growing in greenhouses through the winter.

Fact: As Ben and Gretchen looked to begin their retirement and scale back from farming, they used the Farmlink program to find an aspiring farmer who could continue to steward their land and keep the business going. Now, Alm Hill is shared with Clayton Burrows of Growing Washington, who uses the winter flower space for veggies and a CSA in the summer season. Both Alm Hill and Growing Washington sell at Pike Place Market throughout most of the year.

---

Spotlight On

BLUEBERRIES

Fact: Washington State produces more blueberries than any other state—about 120 million pounds of blueberries each year.

Fact: Like last week’s purple potatoes, blueberries are high in anthocyanin. As an antioxidant, anthocyanin fights free radicals. Blueberries are also a great source of Vitamin C, which is critical in the growth and repair of all body tissues, and important for the immune system, iron absorption, and reducing risk of cardiovascular disease and eye disease.

Fact: Blueberries are among very few commercially-grown fruits native to North America. Wild blueberries have been eaten by North American Indigenous peoples for millennia, and the plant is referred to as “star fruit” for its five point star-shaped blossoms.
FEATURED RECIPE: Blueberry Swiss Chard Salad
ADAPTED FROM: Willimantic Farmers Market and Nourished the Blog

**INGREDIENTS**
- 4 cups rainbow chard, torn or chopped into bite-sized pieces
- 1/2 cup blueberries
- 1/4 cup walnuts or pecans or slivered almonds, etc
- 1/4 cup goat cheese
- 1 1/2 Tbsp lemon juice
- 1 small garlic clove minced
- 1/4 cup olive oil
- 2 Tbsp honey

**DIRECTIONS**
1. Toss salad ingredients in a large bowl—rainbow chard, blueberries, nuts, and goat cheese.
2. Combine dressing ingredients—lemon juice, garlic, olive oil, honey—in a jar and shake to mix.
3. Pour dressing on salad and enjoy!

**Modifications:** Add one cup of cooked quinoa to turn this into a heartier salad. Or serve with your favorite protein for a simple meal. Most fruits and veggies will make great additions—try mixing chard and kale as the greens for example, substituting different berries, or adding shredded carrots or finely sliced cucumber.

---

FEATURED RECIPE: Blistered Green Beans with Fried Shallots
ADAPTED FROM: Yia Vang—Union Hmong Kitchen

**INGREDIENTS**
- 1/2 small shallot
- 1 garlic clove
- 1 lemongrass stalk, bottom third only
- 1 1" piece ginger, peeled
- 3 Tbsp vegetable oil
- 1 lb green beans, trimmed
- 1 Tbsp oyster sauce
- Store-bought fried shallots (optional for serving)

**DIRECTIONS**
1. Finely chop the shallot, garlic, lemongrass, and ginger, or use food processor to make into a coarse paste.
2. Next, warm the oil in a skillet. In a single layer, cook the green beans without moving them around until browned underneath. This should be about 3 minutes. Use tongs to turn the beans and continue to cook. Toss and turn beans as needed until deeply browned in spots and tender. This should be about 5 minutes.
3. Add reserved shallot mixture and cook ~1 more minute or until fragrant. Remove from heat and season with oyster sauce and salt. Toss to coat. Serve hot, and top with fried shallots if you have any on hand.

FOR MORE RECIPES VISIT www.PikePlaceMarket.org/PikeBox