WHAT’S FRESH

WEEK 6: October 7

Half Share Items

CARROTS ✰ kir op Farm, Rochester
Store in a plastic bag in the fridge.

SWEET CORN ✰ Lee’s Fresh Produce, Kent
Store unwashed and unpeeled in a sealed plastic bag in the fridge.

GREEN ONIONS ✰ Woodenville Valley Farm, Carnation
Store in a cool, moist area of the fridge, preferably the vegetable drawer.

BARTLETT PEARS ✰ Martin Family Orchards, Orondo
Keep on the counter or in the fridge if very ripe.

Full Share Items

PURPLE BEANS ✰ Alvarez Farms, Mabton
Store in a plastic bag in the fridge.

LETTUCE ✰ Amador Farms, Yakima
Wrap in a damp paper towel and place in a plastic bag. Store in the fridge.

GOLDEN DELICIOUS APPLES ✰ Amador Farms, Yakima
Store in the fridge.

Green Onions

Fact: Also known as spring onions or scallions, green onions are actually baby onions that are picked before they fully grow.

Fact: Green onions are milder, sometimes sweeter, than their mature onion relatives and can be eaten raw, on top of salads, soups, and pasta, or cooked by stir-frying, steaming, or roasting. They are a great source of vitamin C, beta-carotene, and folate—even more than mature onions.

Fact: Green onions can be regrown! Place two inches of the onion bottoms in a jar with about one inch of water and set it on a windowsill. In about a week, the scallions will have regrown. You can also plant them in a pot in the sun.

MEET THE PRODUCER

Woodenville Valley Farm

@woodinvillevalleyfarm

Fact: Laovu and Teng Jasengnou, the owners of Woodinville Valley Farm, are originally from Northern Laos. They started growing flowers in Woodinville, WA over 30 years ago as part of the WSU/King County/Pike Place Market Indochinese Farmer Project.

Fact: Since then the family has moved to Carnation and added a variety of vegetable crops.

Fact: Their kids, Carol and Chris, run most of the business and are the faces you see at the downtown Pike Place Market. Now with their own young kids, Carol and Chris are sharing the market life with a new generation.

GROWING PRACTICES KEY

☒ No Spray ☑ Certified Organic ★ Integrated Pest Management
FEATED RECIPE: Sautéed Corn, Carrots, Onion, and Red Bell Pepper
ADAPTED FROM: Food.com

INGREDIENTS
- 1 tbsp. olive oil
- 1 cup corn, shaved from the cob
- 2 cups carrots, sliced
- 1 1/2 cups red onions, diced
- 1 1/2 cups red bell peppers, diced
- 1 garlic clove, minced
- 3 tsp. dried basil
- 1/2 tsp. Spike seasoning (or other favorite all purpose seasoning blend)
- Salt and pepper to taste.
- Green onions, sliced

DIRECTIONS
1. Heat oil over medium-high heat in large saucepan.
2. Sauté onions, garlic, bell pepper, corn and carrots until tender.
3. Add salt, pepper, basil, and Spike seasoning and mix well.
4. Simmer for 3-5 minutes more.
5. Serve warm with green onions for garnish.

FEATED RECIPE: Baked Pears with Cinnamon
ADAPTED FROM: Runningonrealfood.com

INGREDIENTS
- Ripe pears
- 1/2 tsp. of maple syrup (honey or brown sugar works as well), per pear
- A generous sprinkle of cinnamon
- Optional toppings:
  - Yogurt
  - Nuts
  - Granola

DIRECTIONS
1. Pre-heat oven to 350 degrees.
2. Slice the pears in half and gently scoop out the seeds. Drizzle each pear with maple syrup and sprinkle with cinnamon.
3. Bake on a baking pan or in an oven-proof dish until soft and tender, about 25-30 minutes.
4. Top with optional toppings.