Half Share Items

**CHARD**
Mariposa Farm, Everson
Wrap loosely in a damp paper towel and store in an unsealed plastic bag in the crisper of your fridge.

**SPAGHETTI SQUASH**
Mariposa Farm, Everson
Store in a cool dry place.

**AZTEC FUJI APPLES**
Martin Family Orchards, Orondo
Store in the fridge.

**SHIITAKE MUSHROOMS**
Dog Island Mushroom, Anacortes
Store in a plastic bag with a paper towel in your fridge.

Full Share Items

**TATSOI**
See Lee Garden, Carnation
Store in a plastic bag in the fridge.

**CARNIVAL SQUASH**
Sidu Farms, Puyallup
Store in a cool dry place.

**BOSC PEARs**
Amador Farms, Yakima
Keep on the counter or in the fridge if very ripe.

**POTATOES**
Amador Farms, Yakima
Store in a cool dry place.

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**Shiitake Mushrooms**

Fact: Shiitakes originated in the warm, moist climate of southeast Asia, and are found on the decaying logs of deciduous trees.
Fact: The earliest record of their cultivation dates to the 13th-century Southern Song Dynasty; today, cultivation often involves inoculating substrate or hardwood logs in conditions similar to their natural environment.
Fact: Your Shiitakes this week were grown in the salty ocean air of Guemes Island in Skagit County, and contain significant amounts of vitamins C and D, potassium, iron, and zinc.

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**MEET THE PRODUCER**

**Dog Island Mushroom**
dogislandmushrooms.com

Fact: Qi and her husband Bret started Dog Island Mushroom farm in 2016. They cultivate mushrooms on wood-chip logs on Guemes Island’s west-side bluff, with mineral-filled well water from a deep Mt. Baker aquifer and Bellingham Channel’s fresh seawater air.
Fact: When the spores are inoculated into the wood chips, the mycelium starts to grow and build connections, holding the chips together to be one entire log. Qi compares this to a good community -- when people row good connections by caring and supporting each other,
Fact: Qi enjoys sharing her knowledge of mushroom nutrients and recipes, titling herself a “mushroom ambassador.”

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GROWING PRACTICES KEY

ㄨ No Spray ☑ Certified Organic ★ Integrated Pest Management
FEATURED RECIPE: Spaghetti Squash with Shiitakes, Tomato, & Chard  
ADAPTED FROM: Farmfreshtoyou.com

INGREDIENTS
- 1 spaghetti squash
- 1 1/2 tsp. olive oil
- 1/2 onion, chopped
- 3-4 garlic cloves, chopped
- 1/2 lb. shiitake
- mushrooms, sliced
- 2 tbsp. tomato paste
- 1 tomato, roughly chopped
- 1 1/2 cups vegetable or chicken broth
- 1 bunch chard, chopped
- Parmesan for garnish

DIRECTIONS
1. Preheat oven to 400° F. Using a large knife, cut the spaghetti squash in half. Scrape out the seeds and save them for roasting if you’d like. Place the spaghetti squash in a baking pan cut-side down. Fill the pan with about 1/2" of water and cook for 45 minutes. Using a large spatula or tongs, turn the squash over and cook for 15 more minutes, or until fork-tender. Allow to cool.
2. Use a fork to scrape the strands out. Season with salt and pepper and set aside.
3. Heat the olive oil in a large sauté pan over medium heat and cook the onion for 3 minutes or until translucent. Add garlic and cook for 1 minute. Stir in mushrooms and cook 4 minutes, until their water has released. Season with salt and pepper.
4. Add 1/2 cup of broth to the pan and stir, cooking until the broth is absorbed (about 3 minutes). Add in tomato paste and stir for 1 minute. Add in the rest of the broth, chopped tomato and chard and stir until the chard has softened. Stir in the spaghetti squash strands and mix. Top with Parmesan cheese if desired, season with salt and pepper if needed, and serve.

FEATURED RECIPE: Curried Potatoes and Tatsoi  
ADAPTED FROM: Allfoodlove.com

INGREDIENTS
- 1 spaghetti squash
- 1 1/2 tsp. olive oil
- 1/2 onion, chopped
- 3-4 garlic cloves, chopped
- 1/2 lb. shiitake mushrooms, sliced
- 2 tbsp. tomato paste
- 1 tomato, roughly chopped
- 1 1/2 cups vegetable or chicken broth
- 1 bunch chard, chopped
- Parmesan for garnish

DIRECTIONS
1. Heat the oil in a large pot over medium-low. Add the onion and garlic and cook until garlic begins to soften.
2. Add potatoes and spices; stir to combine.
3. Add the tomato and 1/2 cup of water. Cover and bring to a boil. Reduce heat and simmer, covered, 15 minutes.
4. Add Tatsoi, cover and cook another 5 minutes or until potatoes are cooked through. Top with cayenne if desired.

FOR MORE RECIPES VISIT  
www.PikePlaceMarket.org/PikeBox