Half Share Items

- **CAULIFLOWER**: Kirsop Farm, Rochester
  Store in a plastic bag in the fridge.

- **RED KURI SQUASH**: Sidhu Farms, Puyallup
  Store in a cool, dark place.

- **HATCH CHILES**: Alvarez Organic Farms, Mabton
  Store in the fridge.

- **ASIAN PEAR**: Magaña Farms, Sunnyside
  Store in the fridge.

Full Share Items

- **CILANTRO**: Mariposa Farm, Everson
  Put in a glass with water and place a plastic bag over top. Store in the fridge.

- **TOMATILLOS**: Mariposa Farm, Everson
  Store in a paper bag in the fridge.

- **YELLOW ONIONS**: Alvarez Organic Farms, Mabton
  Store in a cool, dry, dark, and well-ventilated space.

---

**MEET THE COMMUNITY**

In operation since 1979, the Pike Market Food Bank is a fixture of Market life and part of a community approach to ensure that all residents of downtown Seattle have access to quality and nutritious food.

Pike Market Food Bank serves the basic food needs of the low-income families, seniors, and individuals in the Pike Place Market and downtown neighborhood. People can come in once a week during open hours.

- **Tuesdays**: 9:30am-3pm
- **Wednesdays**: 3pm-7pm
- **Thursdays**: 9:30am-3pm

Want to help work to end hunger in downtown Seattle? Volunteers are needed weekdays 9am-3pm and until 7pm on Wednesdays. Or hold a food drive!

http://www.pmfmb.org/ 1531 Western Ave Seattle WA 98101

---

**Spotlight On**

**RED KURI SQUASH**

Fact: The Red Kuri variety of winter squash is known for its sweet, nutty flavor and slightly dry and dense texture. Highly popular in Japan where the variety originated, the word “Kuri” in Japanese translates to chestnut, which many use to describe this squash’s flavor.

Fact: Red Kuri squash is high in vitamin A, C and potassium.

Fact: Once cooked the skin is thin and edible. Steam, microwave, roast, stir-fry or boil your squash. Add your cooked squash to soups, salads, chili, tacos, or pasta. You can even add mashed, cooked squash to sweet dishes, as you would pumpkin, like pancakes, pies or cakes.
**FEATURED RECIPE:** Southwestern Cauliflower Soup  
**ADAPTED FROM:** Lettyskitchen.com

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 5 cups vegetable broth
- 1 head cauliflower, broken into florets
- 1-2 roasted Hatch chilies, peeled, seeded, and diced
- ½ teaspoon ground cumin
- 1/4 teaspoon white pepper
- Salt to taste
- 3 tablespoons chopped cilantro leaves
- 1/2 cup sliced green onions, for garnish
- 1/4 cup winter squash seeds, toasted, for garnish
- salt to taste

**DIRECTIONS**
1. Heat the olive oil over medium flame, in a soup pot. Add the onion and garlic and cook, stirring frequently, until the onion has softened (about 5 minutes). Add the vegetable broth, cauliflower, chilies, cumin, and white pepper. Use a fork to scrape the strands out. Season with salt and pepper and set aside.
2. Cover and simmer until the vegetables are soft, about 25 minutes.
3. Puree the soup using an immersion blender or in a blender. Season to taste with salt and pepper. Garnish each serving with cilantro, green onions and winter squash seeds.

**FEATURED RECIPE:** Tomatillo Salsa Verde  
**ADAPTED FROM:** Loveandlemons.com

**INGREDIENTS**
- 6 medium tomatillos
- 1/4 medium yellow onion, cut into large chunks
- 1 hatch, serrano, or jalapeño pepper, stemmed*
- 2 garlic cloves, unpeeled, wrapped in foil
- 1 1/2 tbsp. extra-virgin olive oil
- 1 1/2 tbsp. fresh lime juice
- ¼ cup chopped cilantro

**DIRECTIONS**
1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Remove the husks from the tomatillos and rinse under cool water to remove the stickiness. Place the tomatillos, onion and pepper on the baking sheet, drizzle with the olive oil and a generous pinch of salt and toss. Place the wrapped garlic on the pan. Roast for 15 minutes or until the tomatillos are soft.
3. Unwrap the garlic from the foil, peel it, and place in a food processor or blender. Add the roasted vegetables, lime juice, and cilantro and pulse. If your salsa is too thick, add 1 to 2 tablespoons water to thin. Season with salt to taste.

*If you’re sensitive to spice, start by adding HALF of the pepper and add the rest to taste. If you’ve made your salsa too spicy, try adding a few splashes of white wine vinegar to tone down the heat.