WHAT’S FRESH

WEEK 1: June 16

Half Share Items

RADISHES ☀️ Kir sop Organic Farm, Rochester
Remove greens and put unwashed radishes in Ziploc baggie with a damp paper towel. Refrigerate.

CURLY KALE ☀️ Sua Yang, Monroe
Dry off to avoid excess moisture and store in crisper drawer.

GREEN GARLIC ☀️ Mariposa Farms Produce, Everson
Store in refrigerator for 5-7 days. Place in Ziploc bag or in a tall glass with water in the bottom.

RASPBERRIES ☀️ Sidhu Farms, Puyallup
Store front and center of fridge in their original container, or a breathable receptacle.

Full Share Items

LETTUCE ☀️ Green Cuties, Carnation
Wrap head in damp paper towel and store in plastic bag. Refrigerate.

SPRING ONIONS ☀️ Magana Farms, Sunnyside
Store in crisper drawer sealed well in a plastic bag.

CORAL CHAMPAGNE CHERRIES ☀️ Magana Farms, Sunnyside
Store unwashed cherries in a plastic bag. Refrigerate. Wash immediately before eating.

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GREEN GARLIC

Fact: Green garlic is simply immature garlic. Left to grow, it will become produce like garlic found at the store.

Fact: Garlic has been used since the beginning of recorded history as food and medicine and has been found in Egyptian pyramids.

Fact: Substitute green garlic in recipes for onions, scallions or leeks. It can be fresh, cooked, or frozen to use later. Cut away any greens with orange garlic-rust spots before using.

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MEET THE PRODUCER

Mariposa Farms

mariposafarm.weebly.com
@mariposafarmofficial

Fact: In 2014, Liz and Joaquin Lopez started Mariposa Farms after 13 years working for farms across Washington

Fact: The name “Mariposa” means butterfly in Spanish, chosen to represent the family’s journey from Mexico

Fact: Working with 8.5 acres, Liz and Joaquin grow an incredible variety of produce for farmers markets, the Pike-Box CSA, and their very own farm CSA!
FEATURED RECIPE: Lettuce and Radish Salad
ADAPTED FROM: myrecipes.com
SERVES: 4

INGREDIENTS
- 1 head lettuce, torn
- 8 radishes, halved
- 1 avocado, halved and sliced
- 1 scallion, sliced
- 2 tablespoons olive oil
- 2 1/2 teaspoons mustard
- 1 tablespoon red wine vinegar
- 2 teaspoons any neutral oil
- Salt and pepper to taste
- Optional: 2 tablespoons dill, chopped

DIRECTIONS
1. Whisk vinegar, mustard, salt and pepper together. While whisking, add oils in a steady stream.
2. Slice and prepare vegetables.
3. Toss lettuce, radishes, scallion, and dill (if desired) with dressing. Top with avocado.

FEATURED RECIPE: Raspberry Muffins
ADAPTED FROM: food52.com
MAKES: 12 muffins

INGREDIENTS
- 1 cup raspberries (or other fruit)
- 7 oz. yoghurt
- 1 1/2 cup all purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1/3 cup oil or butter melted

DIRECTIONS
1. Preheat the oven to 400 F. Prepare muffin tin with liners and/or non-stick spray.
2. In a medium bowl mix together flour, baking soda, baking powder, and salt.
3. In a separate, large bowl, mix together sugar, egg, oil/butter, and yoghurt. Slowly add in dry ingredients, mixing gently until incorporated.
4. Fold fresh raspberries into batter gently.
5. Fill each cup in tin until 3/4 full.
6. Bake for 20-25 minutes, or until toothpick comes out clean.
Note: replace raspberries with fruit of your choice for a variation, or a mixed fruit version.

FOR MORE RECIPES VISIT
www.PikePlaceMarket.org/PikeBox