WHAT’S FRESH

WEEK 5: JULY 14

SALAD MIX Lee’s Fresh Produce, Kent
Store in the vegetable drawer of your refrigerator in a plastic bag. Rinse and dry before use.

FINGERLING POTATOES Alvarez Organic, Mabton
Store in a cool, dark place with good ventilation. No need to refrigerate.

GREEN ONIONS Amador Farms, Yakima
Store in cool dark place with good ventilation. If onions start to sprout, remove any growth and use immediately.

NECTARINES Magana Farms, Sunnyside
Store nectarines at room temperature until ripe, then refrigerate in a plastic bag.

SUMMER SQUASH Kir sop Farm, Rochester
Store in refrigerator wrapped in plastic bag.

SPINACH Kir sop Farm, Rochester
Wash and dry (may use spinner). Store in plastic bag in refrigerator.

BLUEBERRIES Alm Hill Gardens, Everson
Store in refrigerator in plastic bag.

BASIL Yang Farm, Woodinville
Store in the refrigerator in a plastic bag, wrapped in paper towel.

MEET THE PRODUCER

MAGANA FARMS
https://magana-farms.business.site/

Fact: Tovias Magana, owner of Magana Farms, came to western Washington from Mexico in the late 70’s and purchased his own property in 1986.

Fact: Tovias loves experimenting with new and fun varieties of fruits and vegetables, such as white nectarines.

Fact: Magana Farms also supplies fresh fruits and vegetables to multiple school districts in the state through the

GROWING PRACTICES KEY

ё No Spray ☑ Certified Organic ★ Integrated Pest Management
FEATURED RECIPE: Red Onion and Nectarine Salsa
ADAPTED FROM: healthycrush.com

INGREDIENTS
- About 6 cups of fingerling potatoes, chopped into chunks
- 2 shallots
- 4 cloves garlic
- 4 tbsp olive oil
- 1 head of kale, chopped finely
- 1/2 cup coconut milk
- salt + black pepper to taste

Directions
1. Boil potatoes until tender, about 15-20 minutes.
2. Sauté shallots and garlic in olive oil until soft and slightly brown. Add the kale and cook for 2 minutes.
3. Mash with a potato masher. Add coconut milk, the other 2 tbsp of olive oil, and salt + pepper to taste.
4. Add sautéed mix to potatoes. Mix and serve.

FEATURED RECIPE: Mashed Fingerling Potatoes and Kale
ADAPTED FROM: healthycrush.com

INGREDIENTS
- salt and pepper, to taste
- Finely grated zest from 1 large lime
- 1 1/2 Tbs. plus 1/4 cup minced fresh cilantro
- 2 red onions, cut crosswise into slices 1/2 to 3/4 inch thick
- 1 Tbs. fresh lime juice

Directions
1. In a small bowl, combine the nectarines, the 1/4 cup cilantro, the minced onion, jalapeño and lime juice. Season with salt and pepper.
2. Serve with chips, fish, tacos, or anything else!

FOR MORE RECIPES VISIT
www.PikePlaceMarket.org/PikeBox