WHAT'S FRESH

WEEK 3: JUNE 30

ROMAINE, BUTTERCRUNCH, GREENLEAF MIX See Lee Garden, Fall City
Store in the vegetable drawer of your refrigerator in a plastic bag. Rinse and dry before use.

CAULIFLOWER Kirsop Farm, Rochester O
Store in a plastic bag in the refrigerator for up to five days.

MIXED ZUCCHINI Alvarez Organic Farms, Mabton O
Store in refrigerator in plastic bag.

STRAWBERRY CHERRIES Amador Farms, Yakima
Store in refrigerator in plastic bag. Do not wash until just before eating.

CARROTS Kirsop Farm, Rochester O
Cut greens from carrots and discard. Store in refrigerator wrapped in plastic bag.

GREEN GARLIC Amador Farms, Yakima
Store in a cool, dark place with good ventilation

EGGS Stokesberry Sustainable Farm, Olympia O
Store in a dark, dry spot in a breathable container

SEASONAL FLOWER BOUQUET Vilog Farm, Auburn

Fact: Cauliflower belongs to the plant species called Brassica oleracea, making it related to vegetables like kale, broccoli, and Brussels sprouts.

Fact: There are green, purple, orange, and white variants of cauliflower.

Fact: The stems and leave are edible and very nutritious!

MEET THE PRODUCER

STOKESBERRY SUSTAINABLE FARM

Fact: Jerry & Janelle Stokesberry have been raising meat and produce for their family off and on since 1975

Fact: They started raising organic poultry products in 2007.

Fact: Stokesberry just started selling with Pike Place in June of 2021!

Facebook.com/Stokesberry-Sustainable-Farm-LLC

GROWING PRACTICES KEY

☑ No Spray  ☑ Certified Organic  ★ Integrated Pest Management
FEATURED RECIPE: Roasted Cauliflower
ADAPTED FROM: simplyrecipes.com

INGREDIENTS
- 1 head cauliflower, cut into florets
- 2 to 3 cloves garlic, peeled and chopped
- 1 tablespoon lemon juice (about half a lemon)
- Extra virgin olive oil
- Coarse salt and freshly ground black pepper

directions
1. Preheat oven to 400°F (205°C). Lightly oil a large roasting pan or baking sheet, or line with aluminum foil.
2. Place the cauliflower florets in a bowl. Toss with minced garlic. Sprinkle with lemon juice. Drizzle with olive oil and toss so that the florets are lightly coated with oil.
3. Spread the florets out into a single layer on the roasting pan. Sprinkle with salt and pepper.
4. Roast the cauliflower at 400°F (205°C), uncovered, for 25 to 30 minutes, or until the tops are lightly brown. Use a fork to test for doneness; the tines should easily pierce the cauliflower when done. Sprinkle with cheese.

FEATURED RECIPE: Zucchini Muffins
ADAPTED FROM: gimmesomeoven.com

INGREDIENTS
- 1 2/3 cups white flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup maple syrup
- 1/2 cup milk
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1 1/2 cups grated fresh zucchini
- 1/3 cups old-fashioned oats

directions
1. Heat oven to 350°F. Prepare a 12-cup muffin pan by either greasing it with cooking spray or lining the cups with paper liners. Set aside.
2. In a large mixing bowl, whisk together flour, baking powder, baking soda, cinnamon and salt until combined. Set aside.
3. In a separate mixing bowl, whisk together egg, maple syrup, milk, coconut oil and vanilla extract until combined. Pour this mixture into the dry ingredient mixture, and stir with a spoon until just combined. (Do not overmix.) Stir in the zucchini and oats until just combined.
4. Portion the batter evenly between 12 baking cups. Then sprinkle extra oats on top of each, if desired. Bake for 18-20 minutes, or until a toothpick inserted in the center of the muffin comes out clean.

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