WHAT’S FRESH

WEEK 4: JULY 7

SUGAR SNAP PEAS  Lee’s Fresh Produce, Kent  ☒
Store in the refrigerator in a plastic bag.

GREEN BEANS  Amador Farms, Yakima
Store unwashed in a plastic bag in the refrigerator. Eat within 5-7 days.

KOHLRABI  Mariposa Farm, Everson  ☒
Store in a cool, dark place with good ventilation.

BLACKBERRIES  Hayton Farms Berries, Mt. Vernon  ☒
Store in refrigerator in clamshell. Do not wash until just before eating.

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

ROMANESCO  Kirsop Farm, Rochester  ☒
Store in plastic bag in refrigerator.

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

COLLARDS  Green Cuties, Fall City  ☒
Store in the refrigerator in a plastic bag.

EGGS  Stokesberry Sustainable Farm, Olympia  ☒

SEASONAL FLOWER BOUQUET  Vilog Farm, Auburn

KOHLRABI

Fact: The name “kohlrabi” is made up of two German words: “kohl” meaning cabbage and “rube” meaning “turnip.”

Fact: Kohlrabi is a member of the cabbage family but has a large edible bulb that resembles a turnip.

Fact: Kohlrabi is a biennial plant, meaning it is grown over two seasons. It is usually grown as a cool-season crop.

MEET THE PRODUCER

LEE’S FRESH PRODUCE
www.leesfreshproduce.com

Fact: Lee’s Fresh Produce is a thirty acre mixed vegetable, flower and berry farm.

Fact: The farm started when Pha Lee began farming on five acres and sold or donated most of the produce to the local food bank.

Fact: The Lees run their own late season CSA program.

GROWING PRACTICES KEY
☒ No Spray  ☀ Certified Organic  ★ Integrated Pest Management
FEATURED RECIPE: Arugula. Blackberry and Basil Salad
ADAPTED FROM: feastingathome.com

INGREDIENTS
- 2 cups chopped cabbage
- 4 kohlrabi bulbs, peeled and grated
- 2 carrots, sliced thin
- 2 stalks celery, sliced thin
- Salt, pepper, and celery seed to taste
- 1/2 cup mayonnaise

Directions
1. Toss the cabbage, kohlrabi, celery, and carrot together in a large bowl.
2. Whisk the salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth. Pour over slaw and mix. Chill in refrigerator before serving, if desired.

FEATURED RECIPE: Kohlrabi Slaw
ADAPTED FROM: allrecipes.com

INGREDIENTS
- 5 oz arugula (or greens of choice)
- 1/4 cup thinly sliced red onion
- 1-2 cups fresh blackberries
- 1/3 cup crumbled goat cheese
- 1/4 cup basil leaves, torn
- Slivered almonds (or nuts of choice) to taste
- 3 tablespoons olive oil
- 2 1/1 tablespoons balsamic vinegar
- 2 teaspoons maple syrup
- Salt and pepper to taste

Directions
1. Make the dressing- whisk oil, vinegar, maple syrup, and salt and pepper together.
2. In a large bowl, place arugula, basil and onions. Toss with dressing,
3. Top greens with blackberries, basil leaves, and almonds.
4. Add a drizzle of extra balsamic if desired.

FOR MORE RECIPES VISIT
www.PikePlaceMarket.org/PikeBox