WHAT’S FRESH
WEEK 6: JULY 21

BEETS See Lee Garden, Fall City
Cut stems from beet. Store separately in plastic bags in the refrigerator.

BLUEBERRIES Sidhu Farms, Puyallup O
Store in refrigerator in clamshell. Do not wash until just before eating.

KALE Green Cuties, Fall City
Store in refrigerator in a plastic bag.

GREEN BEANS Lee’s Fresh Produce, Kent
Store unwashed in a plastic bag in the refrigerator.

CAULIFLOWER Kirsop Farm, Rochester O
Store in a plastic bag in the refrigerator.

RED ONION Kirsop Farm, Rochester O
Store in cool dark place with good ventilation. If onions start to sprout, remove any growth and use immediately.

BLACKBERRIES Mariposa Farm, Everson O
Store in refrigerator in clamshell. Do not wash until just before eating.

PICKLING CUCUMBERS Mariposa Farm, Everson O
Store wrapped in plastic in the refrigerator.

GREEN CUTIES
Fact: Pachia and Joe Cha grow a mix of vegetables and flowers on 2 acres, directly adjacent to where Joe’s parents have their own farm.

Fact: Now in their fourth year, they hope to keep growing the farm each year with more delicious greens and veggies.

BEETS
Fact: The leafy, edible stem of beets can grow 39 to 78 inches.

Fact: Beets are a rich source of vitamins B6 and B9 as well as minerals such as iron, magnesium and potassium.

Fact: Beets are a variety of chard selected over time for the cultivation of

MEET THE PRODUCER

GROWING PRACTICES KEY
⊗ No Spray  ◊ Certified Organic  ★ Integrated Pest Management
**FEATURED RECIPE: Kale and Green Bean Salad**
ADAPTED FROM: bonappetit.com

**INGREDIENTS**

- 1 large beet
- 1 can chickpeas
- 2 lemons
- 1/4 cup tahini paste
- 1 teaspoon salt
- 4 oz. crumbled goat cheese
- 1/4 cup olive oil

**Directions**

1. First scrub the beet and chop into large cubes. Bake in aluminum foil or on a baking tray at 400°F until soft enough to pierce with a fork (about 25-30 minutes). Allow the beet to cool.
2. In a food processor combine the beet, the rinsed chickpeas, juice from two lemons, tahini paste, salt and goat cheese. Pulse until well blended. Add in the olive oil. Blend until smooth.

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**FEATURED RECIPE: Beet and Goat Cheese Hummus**
ADAPTED FROM: abeautifulmess.com

**INGREDIENTS**

- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 1/2 teaspoon crushed red pepper flakes
- 1 bunch kale, center ribs and stems removed, leaves cut lengthwise into 1/2' strips
- salt and pepper
- 1 pound green beans, trimmed
- 1/4 cup grated Parmesan

**Directions**

1. Combine oil, lemon juice, honey, and red pepper flakes in a large bowl. Add kale and toss to coat. Season with salt and pepper. Let kale mixture sit for 1-2 hours or overnight.
2. Cook beans in a large pot of boiling salted water for 4 minutes. Drain beans and let cool. Cover and chill.
3. Add beans to kale and toss to coat. Season to taste with salt and pepper. Top with grated cheese.