WHAT’S FRESH

WEEK 7: JULY 28

GYPSY PEPPERS Magana Farm, Sunnyside
Peppers store well on a cold shelf in the refrigerator—no need to use a plastic bag.

CANTALOUPE Amador Farms, Yakima
Leave at room temp until ripe. Once ripe, place whole, uncovered melons, in the refrigerator.

TOMATOES Xai Cha’s Farm, Snohomish
Store tomatoes in cool spot away from sunlight. Do not refrigerate.

CURLY ENDIVE Mariposa Farm, Everson
Store in a plastic bag in the refrigerator.

DONUT PEACHES Magana Farm, Sunnyside
Store at room temperature until ripe. Once ripe, store in plastic bag and refrigerate.

ROMANO BEANS See Lee Garden, Fall City
Store unwashed in a plastic bag in the refrigerator. Eat within 5-7 days.

CILANTRO Shong Chao Farm, Fall City
Fill a jar with water, place a bunch of cilantro stem-down in the jar, and cover the exposed leaves with a plastic bag, and store in the refrigerator.

MEET THE PRODUCER

MARIPOSA FARM

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!

GROWING PRACTICES KEY

 DISCLAIMERS & LEGAL INFORMATION
**FEA-**

**TURED RECIPE: Cheese Filled Peppers**

**ADAPTED FROM:** thespruceeats.com

**INGREDIENTS**
- 4 gypsy peppers
- 2 tablespoons olive oil
- 1 1/2 cups ricotta or soft cheese of choice
- 1 large egg
- 1 tablespoon minced parsley
- 1 tablespoon minced fresh chives

**Directions**
1. Preheat an oven to 400 F. Rub the peppers with olive oil, salt, and pepper. Place the peppers on a baking sheet and roast for 15 to 20 minutes, until the skin is blistered and the flesh is soft.
2. Once cooled, peel the peppers. Make a lengthwise slit into each pepper and remove the seeds. Sprinkle the peppers with more salt and pepper.
3. Decrease the oven temperature to 375 F. Oil a baking sheet.
4. For the filling: Combine cheese, egg, and herbs in a medium bowl and mix well. Gently spoon 1/4 cup of the filling into each pepper. Place the peppers, seam side down, on the prepared pan. Bake for 25 to 30 minutes, filling is set.

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**FEA-**

**TURED RECIPE: Kale and Garlic Tomatoes**

**ADAPTED FROM:** afamilyfeast.com

**INGREDIENTS**
- 1 bunch of Kale, leaves removed from stalks and chopped
- 4 tablespoons extra virgin olive oil
- 5 large cloves fresh garlic, peeled but left whole
- 2 cups tomatoes, chopped
- 2 tablespoons balsamic vinegar

**Directions**
1. In a large sauté pan or skillet, heat oil over medium heat until hot then lower flame to medium low and add the garlic. Cook the garlic for about five minutes until golden brown.
2. Add the tomatoes and continue to cook for 5-7 minutes. Break up garlic and mix in with tomatoes.
3. Add the kale and toss, then cook for five minutes covered. Remove the cover and cook for up to five more minutes until tender and any liquid has evaporated.
4. Sprinkle on the vinegar, toss then serve immediately.

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**FOR MORE RECIPES VISIT**
www.PikePlaceMarket.org/PikeBox