WHAT’S FRESH

WEEK 9: AUGUST 11

**SWEET CORN** Lee’s Fresh Produce, Kent
Unshucked corn should be refrigerated.

**CHERRY TOMATOES** Lee’s Fresh Produce, Kent
Store tomatoes in cool spot away from sunlight. Do not refrigerate.

**EGGPLANT** Amador Farms, Yakima
Eggplant is best stored uncut and unwashed in a plastic bag at the front of your refrigerator. Eggplant should be kept away from fruit!

**DONUT PEACHES** Magana Farms, Sunnyside
Store at room temperature until they reach your desired ripeness. Once ripe, then place them in the refrigerator.

**BLACK RADISHES** Maika’s Garden, Carnation
Remove greens from radish and store separately in a bag in the refrigerator. Use the greens within a couple days. The radishes will store for at least 2 weeks.

**BLUEBERRIES** Sidhu Farms, Puyallup
Store in a plastic bag in the refrigerator.

**GREEN ONIONS** Amador Farms, Yakima
Should be stored at room temperature until ripe, then refrigerated in a bag until ready to eat.

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**MEET THE PRODUCER**

**SIDHU FARMS**
Sidhu Farms is an Organic Blueberry farm in the heart of the Puyallup Valley. They specialize in their certified organic Blueberries, but also have Strawberries, Raspberries, Blackberries, Marion and Boysenberries. In addition to berries they grow a wide assortment of vegetables such as tomatoes, cauliflower and Brussels sprouts. Sidhu Farms has been selling with Pike Place since 1999, and can be found at our main location, as well as our Pike Place satellite markets.

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**GROWING PRACTICES KEY**

- ☒ No Spray
- ☑ Certified Organic
- ★ Integrated Pest Management

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**Spotlight On**

**EGGPLANT**

Fact: Botanically, eggplant is a berry, just like blueberries, watermelon, or tomatoes. Culinarily, it’s a vegetable, as it’s used in main dishes and not eaten for sweetness.

Fact: Its origin is considered to be India where it continues to grow wild. This spiny, bitter, orange, pea-sized fruit has been cultivated throughout India and China for more
FEATURED RECIPE: Crispy Baked Eggplant
ADAPTED FROM: crunchycreaminsweet.com

INGREDIENTS
- 1 large eggplant
- 6 tablespoons unsalted butter melted
- 1 cup breadcrumbs
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder

Directions
Start by preparing the eggplant: wash the eggplant and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2” disks. Place all disks in colander or cooling rack set over baking sheet, sprinkle with salt and let sit for at least 30 minutes.

Next, melt butter in a bowl. Mix breadcrumbs, spices and Parmesan cheese in another bowl. Dip each eggplant disk into butter first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet.

Bake in 400 degrees F oven for 15 minutes, then flip each disk and baked for 7 more minutes. The eggplant should be golden brown and the breading crispy. Enjoy!

FOR MORE RECIPES VISIT
www.PikePlaceMarket.org/PikeBox