WHAT'S FRESH: WEEK 11 – AUGUST 28, 2019

Plumcots Magaña Farms, Sunnyside
Unripe plumcots should be stored on the counter or in a paper bag until they’ve reached the desired ripeness, then they can be stored in the refrigerator.

Celery ⊙ Kirasop Farm, Rochester
To preserve moisture, wrap whole celery in aluminum foil with the ends open.

Broccoli ⊙ Amador Farms, Yakima & Zillah
Store unwashed broccoli in an unsealed reusable container or plastic bag in the refrigerator crisper drawer.

Lilac Bell Peppers ⊙ Alvarez Organic Farms, Mabton
Store peppers in a reusable container or plastic bag in the refrigerator crisper drawer.

Beets (full share) ⊙ Garden Flowers, Puyallup & Snohomish
Trim leaves two inches from the root and store separately in a plastic bag. Leaves should be eaten quickly, within 2–3 days. The root should be stored in a plastic bag in the crisper drawer of the refrigerator.

Carrots (full share) ⊙ Green Cuties, Fall City
Cut off carrot tops and store separately. Store unwashed carrots in the refrigerator.

Lemon Cucumbers (full share) ⊙ Alvarez Organic Farms, Mabton
If you’ll use cucumbers within 1–2 days, store at room temperature. If keeping for longer, wrap them in a dry paper towel and store in a loosely closed plastic bag in the refrigerator.

Cantaloupe (full share) ⊙ Alvarez Organic Farms, Mabton
Store whole melon on the counter. Wrap cut melon in plastic wrap and refrigerate.

SPOTLIGHT ON: Lilac Bell Peppers

• Named for their beautiful purple color, these bell peppers were bred for their sweet flavor and bright color. Similar to other bell peppers, these start off green on the plant, but then shift to purple as they ripen. If left on the plant they will continue to develop into a full red color.
• Bell peppers are delicious eaten raw. You can crunch into their crispy sweetness plain like you would an apple, or add them to salad or dip into hummus. They are also a great addition to stir fries, soups, grilled or made into fajitas.

Community Profile: Pike Market Food Bank

In operation since 1979, the Pike Market Food Bank is a fixture of Market life and part of a community approach to ensure that all residents of downtown Seattle have access to quality and nutritious food.

Pike Market Food Bank serves the basic food needs of the low-income families, seniors, and individuals in the Pike Place Market and downtown neighborhood. People can come in once a week during open hours.

Tuesdays: 10am – 1pm
Wednesdays: 4pm – 6pm
Thursdays: 10am – 1pm

Want to help work to end hunger in downtown Seattle? Volunteers are needed weekdays 9am-3pm and until 6pm on Wednesdays. Or hold a food drive!

http://www.pmfb.org/ 1531 Western Ave Seattle WA 98101
**FEATURED RECIPE:** Thai Celery Salad with Peanuts  
**ADAPTED FROM:** Bon Appetit  
**SERVES:** 4

**INGREDIENTS**
- 2 pounds baby fingerling potatoes, sliced crosswise ¾ inch thick (optional)
- 3 tablespoons vegetable oil
- 2 tablespoons fresh lime juice
- 2 teaspoons fish sauce
- 6 celery stalks, thinly sliced on a diagonal
- 3 scallions, thinly sliced
- 1 red chile, such as Fresno, thinly sliced
- 1 cup fresh cilantro leaves with tender stems
- ¼ cup chopped roasted, salted peanuts

**DIRECTIONS**
1. If using, place potatoes in a large pot and pour in cold water to cover; season with salt. Bring to a boil; reduce heat and simmer until tender, 10–15 minutes. Drain; let cool. Heat oil in a large skillet over medium-high. Cook potatoes, tossing occasionally, until golden brown and crisp, 8–10 minutes; season with salt.
2. Meanwhile, whisk together oil, lime juice, and fish sauce. Toss with celery, scallions, chile, cilantro, peanuts, and potatoes (if using).

**FEATURED RECIPE:** Broccoli Rice Stuffed Peppers  
**ADAPTED FROM:** aspicyperspective.com  
**SERVES:** 4

**INGREDIENTS**
- 4 bell peppers
- 1 tablespoon butter
- 1 small onion, peeled and chopped
- 3 cloves garlic, minced
- 1 1/2 cups long grain rice
- 3 1/2 cups vegetable broth, divided
- 2 stalks of celery
- 1 teaspoon salt
- 1/2 teaspoon smoked paprika
- 2 1/2 cups broccoli florets, chopped very small
- 2 ounces cream cheese
- 16 ounces shredded cheese, divided

**DIRECTIONS**
1. Preheat the oven to 400 degrees F. Spray a 9 X 13 inch baking dish with nonstick cooking spray. Cut the bell peppers in half from top to bottom. Remove the seeds and lay peppers in the baking dish, cut side up.
2. Place a medium stock pot over medium heat. Add the butter, onions, garlic and celery. Sauté the onion mixture for 2-3 minutes. Then stir in the rice, 3 cups broth, salt, and smoked paprika. Cover the pot and bring to a boil. Allow the rice to cook for 15-20 minutes covered, until steam holes are evident on the surface and the broth has absorbed.
3. Stir the small broccoli florets, cream cheese, 1 1/2 cups shredded cheese, and remaining 1/2 cup broth into the rice. Stir until the cream cheese melts into the mixture.
4. Spoon the rice mixture into the bell peppers. Bake for 15 minutes. Then top the peppers with the remaining shredded cheese and place back in the oven for 5 minutes. Serve warm.

**FOR MORE RECIPES VISIT**  
[WWW.PIKEPLACEMARKET.ORG/PIKEBOX]**