WHAT’S FRESH: WEEK 13 – September 11, 2019

Flavor Grenade Pluots Magaña Farms, Sunnyside
Unripe pluots 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.

Kale® See Lee Farm, Carnation
Store unwashed in an airtight container or plastic bag in the refrigerator crisper drawer.

Green Peppers® Mariposa Farm, Everson
Store your peppers in a container or plastic bag in the fridge.

Walla Walla Onions (half share) Kirsop Farm, Rochester & Tumwater
Because of the high water content of sweet onions, they have a shorter shelf life than other onions. To keep longer store in the fridge.

Carrots (full share) Kirsop Farm, Rochester & Tumwater
Store carrots in an airtight container or plastic bag in the refrigerator crisper drawer.

Blackberries (full share) Sidhu Farms, Puyallup
Store your blackberries in their container in the refrigerator. Wash when ready to eat.

Japanese Eggplant (full share) Xai Cha Farm, Snohomish & Duvall
Store your eggplant in a container or plastic bag in the fridge.

Italian Red Garlic (full share) Alvarez Organic Farms, Mabton
Store your garlic in a dark and dry place like a pantry or cupboard.

SPOTLIGHT ON: Kale

- You may have heard the hype about kale’s “superfood” nutritional benefits—and for a good reason! This leafy green is one of the most nutrient-dense foods in the world. Kale is rich in three major types of nutrients: antioxidants, anti-inflammatory nutrients, and glucosinolates (anti-cancer nutrients). It’s extremely high in vitamins K, A and C as well as a good source of manganese, copper, vitamin B6, fiber, calcium, potassium, iron, vitamin E...the list goes on and on. It’s nature’s multivitamin!
- Rinse kale leaves under cold water and pat to dry before cutting or tearing. If eating kale raw (in a salad), remove the tough, woody stems with a knife before cutting or tearing the leaves and massage oil or dressing into them before serving. Yup, you read that right—massage it with your hands! This helps make the leaves more tender and easier to chew and digest.
- Add kale to salads, soups, stir-fries or scrambles. You can braise your kale with broth and spices, blend it into smoothies, or roast in the oven with oil and salt to make crispy chips.

Featured Farmer: Kirsop Farm

Kirsop Farm began as a tiny garden in Tumwater in 1995. It has since expanded to growing produce and raising pastured poultry on 60 acres of land at the Scatter Creek Farm and Conservancy. Colin and Genine of Kirsop Farm are farmland preservation farmers, meaning they preserve farmland and Chehalis river habitat along with others in the land trust. Known for their sustainable meats, grain, beans and produce, they are also famous for the best carrots in town. You can find their produce at many Seattle farmers markets including U-District, Ballard, West Seattle, Columbia City, Madrona and more!

https://www.kirsopfarm.com/
https://www.instagram.com/kirsopfarm/
FEATURED RECIPE: Sweet Pepper Pasta with Kale
ADAPTED FROM: allrecipes.com

INGREDIENTS
- 1 (8 ounce) package pasta
- 1 tablespoon olive oil
- 1 Walla Walla onion or 1 cup eggplant, chopped
- 3-5 sweet peppers, chopped
- 1 cup kale, roughly chopped
- 4 cloves of garlic, chopped
- 1 pinch dried basil
- 1 pinch cayenne pepper
- Salt and pepper to taste
- 8 ounces feta or other cheese (optional)

DIRECTIONS
1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in onion/eggplant, and cook for several minutes. Add the peppers, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with cheese to serve.

FEATURED RECIPE: Kale Stem Pesto
ADAPTED FROM: loveandlemons.com

INGREDIENTS
- 1 heaping cup chopped kale stems
- 3 cloves of garlic
- ½ cup walnuts, pine nuts, pumpkin seeds (or other preferred nut or seed)
- 1 big handful of parsley and/or basil (optional)
- Juice and zest of 1 lemon
- Salt and pepper to taste
- 1 pinch of red pepper flakes
- ¼ cup olive oil
- Optional – drizzle of balsamic vinegar
- Optional – grated parmesan or pecorino cheese

DIRECTIONS
1. Place stem pieces in a small pot and fill it with enough water to cover them halfway up. Toss in the garlic and a few pinches of salt. Simmer until the stems become knife-tender (about 20 minutes).
2. Drain and let cool.
3. In a food processor, pulse the cooked stems. Add everything else, drizzling in the olive oil at the end. Taste and adjust to your liking. Eat your pesto on crackers, toast, pizza, sandwiches, stirred into pasta or added to soups.

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