WHAT’S FRESH: WEEK 15 – September 25, 2019

President Plums Magaña Farms, Sunnyside
Unripe plums 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.

Wild and Spicy Salad Mix Mariposa Farm, Everson
Store in a plastic bag in the fridge. Best if eaten within 1-2 days.

Onions Kirsop Farm, Rochester & Tumwater
Store your onions in a cool, dark place like a cabinet or pantry.

Beets Garden Flower, Snohomish
Cut the greens off of your beets and store in reusable containers or plastic bags in the refrigerator. Be sure to eat your beet greens, which can be cooked as you would spinach, kale or collards.

Flavor Rich Pluots (full share) Tiny’s Organics, East Wenatchee
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.

Acorn Squash (full share) Sidhu Farms, Puyallup
Store your winter squash in a cool, dry place such as a pantry or cupboard.

Corn (full share) Sidhu Farms, Puyallup
Store corn with the husk on in the crisper drawer of the refrigerator.

SPOTLIGHT ON: Wild and Spicy Salad Mix

- Greens are full of nutrients including vitamin K which your body needs for the blood clotting function. It is also high in vitamin A which is important for vision, healthy skin and your immune system.
- This mixture of different types of tender greens, which vary in color and flavor, makes a perfect salad base. Balance the bite of the salad mix, with some sweet roasted beets for a delicious fall salad. Spicy salad mix is also a great addition to sandwiches and wraps or topped on soups and pizza. Some people like to stir fry or wilt their greens for a minute or two, which helps to tame down the spice.

Featured Farmer: Mariposa Farm

Mariposa Farm started in Everson Washington over 6 years ago by Joaquin and Liz Lopez. “Mariposa” is the Spanish word for “butterfly.” Butterflies migrate long distances over several generations, and the Lopez family migrated from Mexico nine years ago to work on Washington farms. Liz chose the name to represent their journey. After moving to Washington, Liz worked at Growing Washington, a well-established organic farm in the east, for thirteen years and Joaquin for a construction company. Their combined experience has proven vital to their success thus far. In 2014 they began their 8.5 acre farm The family grows a variety of vegetables and berries, and sell at both Seattle and Bellingham farm’s markets.

Learn more at: https://mariposafarm.weebly.com/
**DIRECTIONS**

1. Steam your beets on the stovetop or in the microwave. To steam on the stovetop: Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes. To steam in the microwave: Place in a glass baking dish, add 2 tablespoons water, cover tightly and microwave on High until tender, 8 to 10 minutes.

2. In the meantime, heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until beginning to brown, about 4 minutes. Add dill, broth, potato, salt and pepper; bring to a boil. Reduce heat to a simmer, cover and cook until the potato is just tender, about 8 minutes. Add steamed beets, beet greens and vinegar; return to a boil. Cover and continue cooking until the broth is deep red and the potato is very soft, 2 to 3 minutes more. Serve with a scope of sour cream on top.

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**FEATURED RECIPE:** Fall Salad with Tahini Dressing

**ADAPTED FROM:** chatalaine.com

**INGREDIENTS**

- 1 tablespoon oil
- 1 bunch of beets, cubed, greens cut off a saved for another recipe
- Salt and pepper to taste
- 4 tablespoons tahini
- 2 tablespoons lemon juice
- 2 cloves of garlic, minced
- 2 tablespoons water
- 1 bag wild spicy salad mix
- 1/4 cup onion
- 1/4 cup cheese (optional)

**DIRECTIONS**

1. Preheat your oven to 400 degrees Fahrenheit.
2. On a sheet pan, combine oil, beets, salt and pepper, and the spread evenly in one layer on the sheet pan. Roast in the oven until tender, about 30 minutes, stirring occasionally.
3. In the meantime make the dressing by stirring together the tahini, lemon juice, garlic, water and salt and pepper in a bowl.
4. Assemble the salad by tossing the salad mix, onion, cheese, roasted beets and tahini dressing in a large bowl.

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**FEATURED RECIPE:** Borscht Soup

**ADAPTED FROM:** eatingwell.com

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