WHAT’S FRESH: WEEK 16– October 2, 2019

Carrots® Kirsop Farm, Rochester
Store your carrots in their plastic bag in the refrigerator.

Chard® See Lee Farm, Carnation
Store unwashed chard in an airtight container or plastic bag in the refrigerator crisper drawer. Stems can be sautéed along with greens, just throw them in a couple minutes ahead of the greens.

Gold Beets® Kirsop Farm, Rochester
Cut the greens off of your beets and store in reusable containers or plastic bags in the refrigerator crisper drawer. Be sure to eat your beet greens, which can be cooked as you would spinach, kale or collards.

Table Grapes Magaña Farms, Sunnyside
Store your grapes in their plastic bag in the refrigerator.

Horned Cucumbers (full share)® Woodville Valley Farm, Fall City
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.

Sweet Peppers (full share) Magaña Farms, Sunnyside
Store peppers in a reusable container or plastic bag in the refrigerator crisper drawer.

San Marzano Tomatoes (full share) Alvarez Organic Farms, Mabton
For the best flavor and texture, store your tomatoes at room temperature. For longer storage store in the fridge. These tomatoes are a great variety to make into tomato sauce!

Bartlett or D’Anjou Pears (full share)® Amador Farms, Yakima & Zillah
Store your pears on the counter until they are ripe and give slightly to the touch. Once ripe, store in the refrigerator.

SPOTLIGHT ON: Horned Cucumber

• Also called Kwano, African horned cucumber, jelly melon and blowfish fruit, this unique cucumber is know for its spiky exterior and sour-sweet flavor.

• The skin of the horned cucumber is high in vitamin C and fiber. This cucumber also is high in antioxidants and anti-inflammatory properties.

• This cucumber can be eaten in sweet and savory dishes. While the skin is edible, it is a bit tough so many stick to eating the soft flesh and edible seeds inside. You can eat it raw or try cooking it with other vegetables. Try slicing your cucumber open and sprinkling with salt or sugar for added flavor and eating raw. You can blend the cucumber into a smoothies, spoon the pulp onto yogurt, or add it to fruit salads or salsa.

Featured Farmer: Magaña Farms

Tovias Magaña, owner of Magaña Farms, came to Western Washington from Mexico in the late 70s and established Magaña Farms in Sunnyside in 1986. He grows a wide variety of stone and orchard fruits as well as many warm season vegetables, which grow well in Eastern Washington’s climate. While Magaña Farms has been selling with Pike Place for over 20 years, Tovias’ dedication to getting local produce into the hands of his customers doesn’t end at the farmers market. Magaña Farms also supplies fresh produce to multiple school districts in the state through the WSDA’s “Farm to School” program. We hope you enjoy their sweet peppers and table grapes this week! Learn more at: https://www.maganafarms.org/

Growing Practices Key

®No Spray ○Certified Organic ★Integrated Pest Management
FEATURED RECIPE: Horned Cucumber Salsa
ADAPTED FROM: ocmomblog.com

INGREDIENTS
- 2 horned cucumbers
- 1/4 onion, chopped
- 1 clove of garlic, minced
- 1 lime, juiced
- 2 tomatoes, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste
- Chips for dipping (optional)

DIRECTIONS
1. Slice your horned cucumbers open lengthwise and scoop pulp into a medium sized bowl. If desired, you can use the skin of the cucumber as well by cutting off the spiky horns and then chopping the skin small and adding to the bowl.
2. Combine all the ingredients and season to taste. Serve your salsa as is, or if desired, spoon back into the skin for a creative bowl. Enjoy with chips or topped on tacos or other foods.

FEATURED RECIPE: Spiced Lentil and Chard Soup
ADAPTED FROM: veganricha.com

If you don’t have all of the spices for this dish, feel free to just use what you have or season to your taste.

INGREDIENTS
- 2 teaspoons oil
- 1 onion, chopped
- 1/2 teaspoon cumin seeds
- 2 cardamom pods
- 2 cinnamon sticks (or 1 teaspoon cinnamon)
- 2 dried chilies, finely chopped
- 1/2 teaspoon turmeric
- 3 cloves of garlic, minced
- 1 cup of carrots, cut into small slices
- 1 cup lentils
- 3 and 1/2 cups water or broth
- 1 tablespoon grated ginger
- Salt and pepper to taste
- 1 bunch chard, chopped
- 1/4 cup coconut or other type of milk
- 1-2 teaspoons lime juice

DIRECTIONS
1. In a medium pot on medium-high heat, add the oil and sauté the onions for several minutes. Add the spices and garlic and sauté for 1 minute, stirring, until fragrant.
2. Add the carrots, lentils, water/broth, ginger, and salt and pepper to taste. Cover and allow to cook for 20-30 minutes stirring occasionally. When the lentils and carrots are soft add the chopped chard and milk and cook for an additional 5 minutes. Add lime juice, taste and adjust seasoning as needed. Removed cinnamon sticks and cardamom pods. Serve with rice or bread and enjoy!

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