WHAT’S FRESH: WEEK 17 – October 9, 2019

**Asian Pears**  Magaña Farms, Sunnyside
Unlike other pears, Asian pears are ripe and eaten while they are firm and crisp. Store for up to one week on the counter or for longer storage, keep in the refrigerator.

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

**Butternut Squash** ¤ Alvarez Organic Farms, Mabton
Store your winter squash in a cool, dry place such as a pantry or cupboard.

**Carrots** © Garden Flowers, Snohomish
Remove the greens from your carrots and store them in a plastic bag in the refrigerator.

**Mini Gala Apples** (full share)  Magaña Farms, Sunnyside
Store your apples in the crisper drawer of the refrigerator.

**Spring Salad Mix** (full share)  Magaña Farms, Sunnyside
Store in a plastic bag in the fridge. Best if eaten within 1-2 days.

**Elephant Garlic** (full share) © Alvarez Organic Farms, Mabton
Store your garlic in a cool, dark place like a cabinet or pantry. The flavor of elephant garlic is sweeter and more mellow than the regular garlic you are used to cooking with.

**Hatch Chilies** (full share) © Alvarez Organic Farms, Mabton
Store peppers in a reusable container or plastic bag in the refrigerator crisper drawer.

SPOTLIGHT ON:

**Butternut Squash**
- Fall is here which means an abundance of winter squash! There are many different varieties of winter squash, each with a unique shape, color and flavor to keep things interesting. Butternut squash is a classic, known for its creamy orange flesh and sweet flavor.
- Butternut squash is high in vitamin A, potassium and fiber.
- Winter squash has a tough outer skin, so most tend to peel their squash. You can skip the peeling step by cutting the squash in half, scooping the seeds out, roasting in the oven and then spooning the cooked squash out of the skins. Butternut squash can be added to curries, soups, casseroles, pasta, vegetarian tamales, topped on salads or mixed with spices and made into pies or other desserts. You can eat your winter squash seeds by washing them, mixing with oil, salt and pepper and toasting.

Featured Farmer: See Lee Farm
See Lee Farm is over 35 years old and is run by mother and son team, Chue and Scott Chang. “Scott grew up at the Market, but for Chue Chang, the journey to Pike Place wasn’t easy. As the youngest and only daughter of seven siblings, she was born to a family of farmers in Laos. (...) In 1980 when Chue and her husband moved to the United States as refugees [she worked] as a fish cleaner on Seattle’s waterfront, and later as a seamstress.” She then joined the Indochinese Farm Project. “Funded in part by King County and the Pike Place Market Preservation and Development Authority (Market PDA), the Project empowered Hmong refugees to be self-sufficient. In 1983, Chue and her husband, along with a handful of other refugee families, received a 5-acre plot of farmland in Woodinville to establish their livelihood. Within a few years, the couple had built a flourishing farm and began selling produce at local farmers markets—and in 1986, they set up shop at Pike Place Market.” The Chang family now specializes in flowers and grows some produce as well, including the kale in your bag this week!
**FEATURED RECIPE:** Creamy Butternut Squash Soup

**ADAPTED FROM:** jessicainthekitchen.com

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 medium onion
- 3 cloves of garlic (regular or elephant garlic), minced
- 2 tablespoons fresh ginger, chopped small (optional)
- 1 butternut squash, peeled, seeds removed and cubed
- Salt and pepper to taste
- 1/2 teaspoon thyme
- 1 1/2 cup vegetable broth
- 2 cups milk, preferred kind
- 2 teaspoons lemon or lime juice

**DIRECTIONS**
1. In a large stock pot, heat the olive oil over medium high heat until shimmering.
2. Add in the onion and stir to coat with the olive oil. Allow to cook for about 3 minutes.
3. Add in the garlic, ginger (if using) and butternut squash, stir to combine, and sauté for about 7 minutes until the butternut squash releases some flavor and the onions become translucent.
4. Add in the salt, pepper, thyme, vegetable broth and milk, and stir to combine. Bring to a boil and then to a simmer for another 10 minutes, until the butternut squash becomes fork tender. Test it with a fork to ensure it is properly cooked through.
5. Remove from heat. Pour the soup into a large blender. Now add the lemon/lime juice into the blender too. If you're not using a large blender (holds at least 6 cups) then do this in increments. Using the soup setting on your blender, or a very powerful blend option, blend until creamy and smooth. You can also use an immersion blender and puree the soup ingredients until combined and smooth. Alternatively you can leave the soup as is for a chunky texture. Taste and add salt and pepper if necessary. Enjoy!

**FEATURED RECIPE:** Squash and Kale Breakfast Hash

**ADAPTED FROM:** marthastewart.com

**INGREDIENTS**
- 1/2 cup olive oil (divided)
- 3 tablespoons fresh lemon juice
- Salt and pepper
- 1 small onion, minced (1 cup)
- 2 cloves garlic or elephant garlic, minced
- 1/2 medium butternut squash, halved, seeded, peeled, and cut into 1/2-inch pieces (3 1/2 cups)
- 1 bunch carrots, peeled and cut into 1/2-inch pieces (1 1/2 cups)
- 1 bunch kale, coarsely chopped
- 4 large eggs

**DIRECTIONS**
1. Preheat the oven to 425 degrees. In a small bowl whisk together 1/4 cup plus 2 tablespoons oil, lemon juice, salt and pepper.
2. Heat the remaining 2 tablespoons oil in a large ovenproof skillet over medium-high heat. Add onion and garlic and cook, stirring occasionally, 3 minutes. Add squash and carrots, season with salt and pepper and transfer to the oven. Roast, stirring once, until golden and tender, 20 to 25 minutes.
3. Stir kale into squash mixture, along with 1/4 cup lemon mixture. Return to oven for 7 minutes. Make 4 wells in vegetables and crack and egg into each. Season eggs with salt. Return to oven and bake until whites are set but yolks are still runny, 4 to 6 minutes. Serve with more lemon dressing.