WHAT’S FRESH: WEEK 19 – October 23, 2019

**Honeycrisp Apples** Amador Farms, Yakima & Zillah
Store your apples in the crisper drawer of the refrigerator.

**Red Kuri Squash** Sidhu Farms, Puyallup
Store your winter squash in a cool, dry place such as a pantry or cupboard.

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

**Purple Fingerling Potatoes** Alvarez Organic Farms, Mabton
Store your potatoes in a cool, dry place such as a pantry or cupboard.

**Bartlett Pears (full share)** Amador Farms, Yakima & Zillah
Store your pears on the counter until ripe or when they give slightly to the touch. Once ripe, store in the refrigerator.

**Spaghetti Squash (full share)** Mariposa Farm, Everson
Store your squash in a cool, dry place such as a pantry or cupboard.

**Celeriac (full share)** Lee Lor Garden, Carnation
Store your celeriac in a plastic bag or container in the refrigerator.

**Carrots (full share)** Garden Flowers, Snohomish
Cut the greens off of your carrots and store in reusable containers or plastic bags in the refrigerator crisper drawer.

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**SPOTLIGHT ON: Red Kuri Squash**

- The Red Kuri variety of winter squash is known for its sweet, nutty flavor and slightly dry and dense texture. Highly popular in Japan where the variety originated, the word “Kuri” in Japanese translates to chestnut, which many use to describe this squash’s flavor.
- Red Kuri squash is high in vitamin A, C and potassium.
- Prepare as you would other types of winter squash like Butternut or Delicata. Cut in half, scoop out the seeds, cube (if desired) and cook. Once cooked the skin is thin and edible. You can steam, microwave, roast, stir-fry or boil your squash. You can add your cooked squash to salads, bowls, chili, tacos, or pasta. Try stuffing your squash with rice, veggies and meat and then roasting. You can even add mashed cooked squash to sweet dishes, as you would pumpkin, like pancakes, pies or cakes. Red Kuri squash is also a great substitute for butternut squash in creamy soup and gives a delicious nutty flavor.

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**REDEEM**
for one (1) item to decorate

This coupon is valid for 1 pumpkin or squash from Sidhu Farms on Saturday, October 26th during Costumes on the Cobblestones.

Redeem this coupon at the Pike Place MarketFront Pavilion from 11 a.m. - 3 p.m.

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**GROWING PRACTICES KEY**

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**FEATURED RECIPE:** Red Kuri Squash Curry  
**ADAPTED FROM:** naturallyella.com

### INGREDIENTS
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 bunch of kale, sliced into 1/2 inch wide ribbons
- 1 red kuri squash
- 3-5 fingerling potatoes, cubed
- 2 tablespoons coconut oil
- 1 tablespoon mild curry powder
- 2 teaspoon fresh ginger
- Salt and pepper (to taste)
- 1 can coconut milk (13.5 fl oz)
- 1 cup vegetable broth
- Cilantro (for topping, optional)
- Brown rice (for serving)

### DIRECTIONS
1. Cut squash in half and scoop out seeds. Cube squash into 1/2 inch to 1 inch cubes.
2. Heat coconut oil in a large pot over medium heat. Add onion and cook until translucent, about 5 to 8 minutes. Add garlic, curry powder, ginger, and salt and pepper. Let cook about 1 minute.
3. Add cubed squash and potatoes and stir until well coated. Pour in coconut milk followed by the broth, stir, and bring to a boil. Reduce to simmer and let cook 30 to 40 minutes, until squash is very tender.
4. Stir in kale and let cook until wilted, about 5 more minutes. Serve with a sprinkle of cilantro over brown rice.

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**FEATURED RECIPE:** Roasted Squash/Pumpkin Seeds  
**ADAPTED FROM:** allrecipes.com

*Get creative with the seasoning you put on your seeds. You can skip the salt and pepper and instead add cinnamon and sugar for a sweet version.*

### Ingredients
- Seeds from 1-2 winter squash (use any variety such as Red Kuri, Butter-nut, Pumpkin, or Spaghetti squash
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon favorite spice (cumin, paprika, curry powder, etc.) optional

### DIRECTIONS
1. Preheat the oven to 275 degrees Fahrenheit. Line a baking sheet with parchment paper or aluminum foil.
2. After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil, salt, pepper and spices into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
3. Bake for 15 minutes, or until seeds start to pop. Watch closely and stir if needed to keep the seeds from burning. Remove from oven and cool on the baking sheet before serving.