WHAT’S FRESH: WEEK 2 – JUNE 26, 2019

SNAP PEAS® Garden Flowers, Puyallup & Snohomish
Store peas unwashed, unshelled in the refrigerator in a perforated bag or unsealed container that will allow some air to circulate around them. Fresh peas can be frozen for up to six months.

ZUCCHINI® Alvarez Organic Farms, Mabton
Keep zucchini in the crisper drawer and wash just before cutting. To freeze, chop it up and Blanch it first for firmness. Then freeze the pieces and keep the zucchini in your freezer for up to 3 months.

CHARD® Mariposa Farm, Everson
Place unwashed Swiss chard in the refrigerator in a bag, It will stay fresh for several days. If you have large batches of chard, you can Blanch the leaves and freeze them.

BING CHERRIES Magana Farms, Sunnyside
Store cherries in the fridge and wash just before eating.

APRICOTS (full share) Magana Farms, Sunnyside
Put apricots in a plastic bag or container in the refrigerator if they are ripe. Put them in a plastic bag and leave them out at room temperature if they need to ripen.

PARSLEY® (full share) Lee’s Fresh Produce, Kent
Store parsley in a plastic bag in the fridge, and add a paper towel to absorb excess moisture.

BEETS® (full share) Alvarez Organic Farms, Mabton
Cut the greens from the top of beets and store wrapped in paper towels. Beet roots separated from the tops can stay fresh for 2-3 weeks.

SPOTLIGHT ON: BEETS

- The entire beet plant is edible from the top of its leaves to the tip of the root!
- Beets are high in fiber, folate, vitamin A and K. They are a good source of manganese, copper, and potassium.
- Beets have the highest sugar content of any vegetable. In fact, the sugar beet variety is the source of around 30% of the world’s refined sugar. Sugar beets contain 20% sugar compared to 8% sugar in red beets.

MEET THE PRODUCER: Alvarez Organic Farms

facebook.com/AlvarezOrganic  @alvarezorganicfarms

- Alvarez Organic Farms is a diverse 80-acre farm in Mabton, Washington, that has been certified organic since 1992.
- Owner Hilario Alvarez is proud to grow more than 300 varieties of peppers and 200 varieties of other vegetables with sustainable farming practices that promote healthy ecosystems, customers, and farm workers!

"Sometimes my customers tell me stories of how they use the peppers that I would never expect. Like one time a truck driver said that he used to drink coffee for his long drives, but after a while he switched to just eating a couple of habanero peppers from my farm because it kept him awake longer." - Hilario, owner of Alvarez Organic Farms.

GROWING PRACTICES KEY

⊗ No Spray  ○ Certified Organic  ★ Integrated Pest Management
**FEATURED RECIPE:** Zucchini “Pasta”  
*ADAPTED FROM: NY Times*  
*SERVES: 4*

**INGREDIENTS**
- 2 pounds zucchini
- 2 tbsp. Olive Oil
- Salt and pepper
- Fresh tomato sauce (optional)
- Parmesan (optional)

**DIRECTIONS**
1. Using a vegetable peeler, cut the zucchini into lengthwise ribbons. Peel off several ribbons from one side, then turn the zucchini and peel off more ribbons. Continue to turn and peel off ribbons until you get to the seeds at the core of the zucchini. Discard the core.
2. Cook the zucchini strips in 2 batches. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat and when it is hot, add the zucchini ribbons and 1/2 teaspoon kosher salt. Cook, tossing and stirring the zucchini, for 2 to 3 minutes only, just until softened and beginning to be translucent. Adjust salt and add freshly ground pepper to taste, and transfer to a serving dish. Repeat with the remaining olive oil and zucchini. Serve, topping with sauce and freshly grated Parmesan if desired. Enjoy!

**FEATURED RECIPE:** Beet Green Pesto  
*ADAPTED FROM: theroastedroot.net*  
*SERVES: 2 cups*

**INGREDIENTS**
- 2 cups beet greens
- 1/2 cup Olive Oil
- 1/2 cup nut variety (pistachios, sunflower seeds, walnuts, almonds etc.)
- Salt to taste
- 2 tbsp. apple cider vinegar

**DIRECTIONS**
1. Add all the ingredients except for olive oil into the blender or food processor. Blend until roughly chopped.
2. Started blending again and slowly adding in the olive oil as you go.
3. Taste the pesto and add more salt, garlic or vinegar.
4. Transfer the pesto into a container and store in the fridge. Add to any dish, perhaps put it on top of some zucchini noodles!

*FOR MORE RECIPES VISIT*  
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