WHAT'S FRESH: WEEK 20 – October 30, 2019

Pink Lady Apples Magaña Farms, Sunnyside
Store your apples in the crisper drawer of the refrigerator.

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

Carrots Kirsop Farm, Rochester & Tumwater
Store your carrots in their plastic bag in the refrigerator crisper drawer.

Braising Mix Mariposa Farm, Everson
Store unwashed braising mix in an airtight container or plastic bag in the refrigerator crisper drawer.

Sweet Potatoes Lyall Farms, Mattawa & Grandview
Store your sweet potatoes in a cool, dry place such as a pantry or cupboard.

Onions Alvarez Organic Farms, Mabton
Store your onions in a cool, dry place such as a pantry or cupboard.

D’Anjou Pears 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.

SPOTLIGHT ON: Braising Mix

- Braising mix is an assortment of kale, chard and other hearty greens. The variety of color, flavor, and texture makes this mix a great salad or stir-fry base.
- Braising mix is usually made up of seasonal leafy greens in the Brassica or cabbage family. These greens are incredibly nutritious and are high in Vitamin C which is important for maintaining a healthy immune system.
- Braising mix can be eaten raw or cooked! Chop your greens into ribbons, massage with a bit of oil to tenderize, and then add salad toppings. Sauté your greens with oil and garlic, add them to curries and soups or braise your greens by covering them with broth and slowly simmering until tender!

Harvest Box – a Feast Awaits!

The CSA season may be over, but you still have one more chance to enjoy fresh produce from your Pike Place Market farmers! The Fall Harvest Box is a one-time, extra-large bounty of seasonal fruits and veggies, perfect for rounding out your Thanksgiving feast. The box contains 12–15 seasonal items such as hearty greens, winter squash, apples, pears and root vegetables.

- Sign up between October 31st - November 15th.
- Full price: $40/box. Subsidized options are available through The Market Commons. Please visit or call The Market Commons at 206-774-5315.
- Each box will be available for pick up on Thursday, November 21st.
- Visit pikeplacemarket.org/harvestbox for more info!
FEATURED RECIPE: Ethiopian Braised Greens
ADAPTED FROM: africanbites.com

If you don’t have all of the needed spices for this dish, try substituting or use what you do have.

INGREDIENTS
• 3 or more tablespoons Niter Ethiopian Spiced Butter or plain cooking oil
• 1 1/2 teaspoon minced garlic
• 2 teaspoon minced ginger
• 1 teaspoon smoke paprika
• ½ teaspoon cardamom spice
• 1 teaspoon coriander/Cumin
• 1 large onion chopped
• 1–2 fresh Chili pepper or ½ teaspoon cayenne pepper or to taste
• 1 bag braising mix, chopped
• 1 fresh lemon

DIRECTIONS
1. In a large skillet, add oil, spiced butter/oil, garlic, ginger, chili pepper, cumin, cardamom, paprika, sauté for about 30 seconds or more, be careful not to let the ingredients burn.
2. Then add onions, mix with the spices. Sauté for about 3–5 minutes.
3. Throw in chopped braising greens, cayenne pepper, lemon juice, Continue cooking for another 7–10 minutes until flavors have blended and greens are cooked, according to preference. Adjust seasonings –Salt and pepper, turn off the heat. Enjoy!

FEATURED RECIPE: Braising Mix Caesar Salad
ADAPTED FROM: foodwastefeast.com

Dressing Ingredients
¼ cup olive oil
1 or 2 cloves of garlic, minced
1 tablespoon capers or anchovies or both, minced (optional)
A large-ish spoonful (maybe 2 tablespoons) mayonnaise
a slightly smaller spoonful (1–2 tablespoons) Dijon or whole grain mustard
Juice of one lemon, or 2 tablespoons vinegar of your choice
Salt and pepper to taste

Salad Ingredients
1 bag braising mix of your choice, sliced into ribbons
½ cup hard cheese such as Parmesan or Pecorino, shaved or grated (or whatever cheese you like)
Something crunchy, like croutons or baked chickpeas
1 cup roasted vegetables (squash or carrots), optional
Optional proteins include: anchovies, cooked chicken, eggs, or nuts.

DIRECTIONS
1. Tenderize your greens by drizzling a bit of olive oil and a pinch of salt, then massage them with your hands until thoroughly coated and lightly wilted. Let sit while you make the dressing.
2. To make the dressing, whisk or blend all the ingredients until smooth and uniform. Taste for seasoning; if it’s a bit too pungent or acidic, mellow it out by whisking in a bit more oil or mayonnaise.
3. Combine all the salad ingredients in a wide bowl. Lightly dress the salad and top with cheese, croutons, roasted vegetables (if using), and your protein of choice. Serve immediately. Leftover dressing can be refrigerated and drizzled on greens of all kinds.