WHAT’S FRESH: WEEK 5 – July 17, 2019

CARROTS® Kirskop Farm, Rochester
Remove carrot tops and store separately as they pull moisture away from the root — but don’t toss them! Carrot tops are also edible. Wrap the tops in a damp paper towel and store in a plastic bag. Store unwashed carrot roots in a tightly closed bag in the coldest part of the refrigerator.

COTTON CANDY APRICUMS Magaña Farms, Sunnyside
Ripen apricots in a paper bag at room temperature for 2 to 3 days. Unripe apricots can be stored at room temperature up to 5 days. Refrigerate ripe apricots in a sealed container up to one week. (Be sure that they are ripened first, as they will not ripen in the refrigerator.)

SUMMER SQUASH® Va Cha Garden, Carnation & Fall City
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.

CORN® Amador Farms, Yakima & Zillah
Store ears of corn wrapped tightly in a plastic bag in the refrigerator to prevent them from drying out, or cut the kernels off the cob and store in a sealed plastic bag.

DUKE BLUEBERRIES (full share)® Mariposa Farm, Everson
Store unwashed blueberries in a breathable container in the fridge, but not in the crisper drawer where air doesn’t circulate as well.

SALAD MIX (full share)® Lee’s Fresh Produce, Kent
Store salad mix in a container lined with paper towels and sealed with an airtight lid. The paper towels will collect moisture and prevent your greens from getting slimy.

SWEET ONIONS (full share)® Mariposa Farm, Everson
Onions should be stored in a cool, dark dry place that has plenty of air circulation.

SPOTLIGHT ON: Corn

- Corn was first domesticated by people in Mexico about 10,000 years ago. Now it is a staple food in many parts of the world, and is consumed by people, animals, and used in industry. It is now the most produced grain based on volume.

- Instead of peeling back the husk when choosing corn at the market, try feeling the kernels through the husk to make sure they are plump and plentiful. Look for corn silks that are brown and sticky and sweet-smelling, not dry and black.

- The average ear of corn has 800 kernels, in 16 rows, with one strand of silk for each kernel.

MEET THE PRODUCER: Stone City Farm

Facebook.com/stonecityfarm
@stonecityfarm

- Stone City’s all natural soap bars are made from 6 primary ingredients—goat milk, olive oil, coconut oil, RSPO-certified palm oil, castor oil, beeswax

- Owner Katheen says “Our soap starts with what we feed our goats—the alfalfa that we purchase for them, the grazing that they do here on the farm... from there we milk our goats and make our goat milk soap. People are always amazed that we are actually producing all of our soaps on our property”

- Kathleen will be teaching a soap-making class at Pike Place Market on July 31st.

GROWING PRACTICES KEY

☑️No Spray  ☑️Certified Organic  ⚫Integrated Pest Management
**FEATURED RECIPE:** Grilled Corn Salad

**ADAPTED FROM:** Bon Appetit

**SERVES:** 6–8

**INGREDIENTS**
- ½ cup nuts (such as peanuts, hazelnuts, or pistachios)
- 4 ears of corn, in husk
- 1 serrano chile, thinly sliced, or 1 tsp.
  fresh ground black pepper or mild red pepper flakes
- 1 cup herb leaves (such as cilantro, basil, or mint), torn if large
- 1/4 cup fresh citrus juice or vinegar
- 3 oz. cheese (such as Cotija, Parmesan, or feta)
- 1/3 cup grapeseed or other neutral oil
- Salt to taste

**DIRECTIONS**
1. Preheat oven to 350°. Toast nuts on a rimmed baking sheet, tossing halfway through, until golden brown, 6–10 minutes, depending on the nut you choose. Let cool; coarsely chop.
2. Shuck corn and remove kernels from the cob. Heat olive oil in a skillet over medium-high heat. Add corn kernels and let cook for 2–3 minutes, without stirring, until the kernels begin to char. Stir once to redistribute — leaving the corn mostly untouched will let it develop nice charred bits — and let cook for another 1–2 minutes, until tender and smoky. Alternatively, grill corn on the cob on medium-high heat, then shuck and remove kernels.
3. Toss nuts, corn, chile or pepper, herb, citrus juice or vinegar, and cheese in a large bowl to combine. Drizzle oil over and season with salt; toss again.

**FEATURED RECIPE:** Garlic Parmesan Baked Carrot Fries

**ADAPTED FROM:** Tasty.co

**SERVES:** 4

**INGREDIENTS**
- 4 carrots
- 1 tablespoon oil
- ½ cup parmesan cheese
- 1 tablespoon ground garlic
- 1 teaspoon pepper
- ½ cup fresh parsley, chopped
- ½ teaspoon salt

**DIPPING SAUCE**
- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 garlic clove
- ¼ teaspoon salt
- 1 teaspoon pepper

**DIRECTIONS**
1. Preheat oven to 400°F
2. Slice the tops off of carrots then slice them in half, slice each half into thirds lengthwise.
3. In a large bowl, mix ingredients with carrot sticks. Spread carrot sticks on a baking sheet in one layer.
4. Bake for 15–20 minutes (depending on how crispy you want them).
5. Mix together ingredients for dipping sauce in a small bowl.
6. Top carrots with parmesan and parsley, and serve warm with dipping sauce.

*FOR MORE RECIPES VISIT [WWW.PIKEPLACEMARKET.ORG/PIKEBOX]*