WHAT'S FRESH: WEEK 9 – AUGUST 14, 2019

DONUT PEACHES Magaña Farms, Sunnyside
Unripe peaches should be stored on the counter or in a paper bag until they’ve reached the desired ripeness, then they can be stored in the refrigerator.

CHERRY TOMATOES Lee’s Fresh Produce, Kent
Store tomatoes in a paper bag on the counter, in a single layer if possible. It’s best to only refrigerate tomatoes if you must immediately slow down the ripening process to prevent rot.

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

KALE Mariposa Farm, Everson
Store unwashed kale in a plastic bag in the refrigerator and add a paper towel to absorb excess moisture.

SWEETHEART CHERRIES (full share) Martin Family Orchards, Orondo
Store cherries in the fridge and wash just before eating.

CUBANELLE PEPPERS (full share) Magaña Farms, Sunnyside
Refrigerate dry, unwashed peppers in a plastic bag in the vegetable drawer.

SPOTLIGHT ON: Donut Peaches

• Donut peaches are a descendent of the Chinese pántáo—which means “coiled peach.” They originated in China at least 200 years ago, and were first introduced to the US at the end of the 19th century.
• Donut peaches, also known as Saturn peaches, taste best when eaten fresh so they can showcase their sweet flavor and tender texture. Some people even claim they have an undertone of almonds.

MEET THE PRODUCER: Woodinville Valley Farm

Laovu and Teng Jasengnou, the owners of Woodinville Valley Farm, are originally from Northern Laos. They started growing flowers in Woodinville, WA over 30 years ago as part of the WSU/King County/Pike Place Market Indochinese Farmer Project.

Since then the farm has continually evolved as the family moved to Carnation and added a variety of vegetable crops. This time of year, that means freshly roasted corn on the cobblestones at Pike Place, as well as squash vines, Chinese spinach, and beets. They also do flowers for wedding and other events.

Their kids, Carol and Chris (at left), grew up on the farm and at Pike Place Market. Today they run most of the business and are the faces you see at the downtown Pike Place Market as well as the Denny Regrade, South Lake Union and First Hill markets.

Now with their own young kids, Carol and Chris are sharing the market life with a new generation, continuing in the family’s footsteps.
**FEATURED RECIPE:** One-Pot Spaghetti with Cherry Tomatoes and Kale  
**ADAPTED FROM:** cooking.nytimes.com  
**SERVES:** 4

**INGREDIENTS**
- 1 pound spaghetti
- 1 pound cherry tomatoes (about 2 pints)
- 2 lemons, zested
- 1/4 cup plus 3 tablespoons olive oil
- 2 teaspoons salt
- 1 bunch kale, destemmed and chopped
- Salt and pepper to taste
- Parmesan for serving (optional)

**DIRECTIONS**
1. Bring just over a quart of water to a boil. Meanwhile, place spaghetti, tomatoes, lemon zest, oil and salt in a large, dry, shallow pan. (The pan should be large enough that the dry spaghetti can lie flat.)
2. Add the hot water to the pan with the spaghetti. Cover pan, and bring up to a boil. Remove lid and simmer for about 6 minutes, using tongs to move the spaghetti around now and then so it doesn’t stick. Add kale and continue cooking until remaining liquid has reduced to a sauce and the pasta is cooked through. Taste, season, and top with cheese.

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**FEATURED RECIPE:** Summer Squash Tacos  
**ADAPTED FROM:** Cooking.nytimes.com  
**SERVES:** 6

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- Salt to taste
- 2 garlic cloves, minced
- 1/4 pound tomatoes or peppers, peeled and diced
- 1 1/2 pounds summer squash, diced
- 1 serrano chile, minced
- 1 can drained and cooked white, pinto or black beans
- 1/4 cup chopped cilantro (more to taste)
- 12 to 14 warm corn tortillas
- 1/2 cup crumbled goat cheese (optional)
- Salsa of your choice

**DIRECTIONS**
1. Heat olive oil in a large, heavy skillet over medium heat and add chopped onion. Cook, stirring, until tender, about 5 minutes, and add a generous pinch of salt and garlic. Cook, stirring, until garlic is fragrant, about 30 seconds, and add tomatoes/peppers. Cook, stirring often, until tomatoes/peppers cook down slightly, about 10 minutes.
2. Stir in summer squash, chile, and salt to taste. Cook, stirring, until squash is tender but not mushy, about 8 minutes. Stir in beans and cilantro and heat through. Taste and adjust seasonings.
3. Heat tortillas and top with squash mixture and crumbled cheese. Serve with the salsa of your choice.