

Late June, 2008



A PROGRAM OF CASCADE HARVEST COALITION

## *Dear Friends,*

Anyone like green strawberries?

In a month of notoriously fickle weather, it seems like this year, the bad is outweighing the good. Rather, the omnipresent grey is smothering the infrequent sunny blue skies. How is this affecting our local farmers? Well, many of the crops are late, but farmers are an historically resilient bunch that can truly "weather the storm."

Given the cold, late spring weather, there is GREAT anticipation for the openings of [local u-pick berry farms](#). Keep in mind that during this grey, gloomy June-uary the berries have been growing, so that when the sunshine ripens them, they'll be big and plump and juicy. Remember: everything good comes to those who wait.

When the u-pick farms do open, it's time to get out there and start pickin'. Here are some basic tips for preparing an adventure out in the fields:

- Wear clothing and shoes that are comfortable for activity, but can get dirty. Also, bring a hat and sunscreen to protect your skin.
- Be prepared to work and have fun.
- Bring your appetite! While bringing home buckets of berries for jams, jellies, pies, and crisps, a lot of the fun of u-pick farms is eating as you pick...but be sure to tip the honor jar!
- Some farms accept debit and credit cards, but just to be safe, bring cash.

So, check out [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org) to find a u-pick farm near you and get ready, because berry season is just right around the corner.



### *- Vegetables -*

*Asparagus...end of the season,  
get it while  
you still can*

Wild Mushrooms  
Broccoli  
Cauliflower

Lettuces (many varieties,  
including Heirlooms)  
Spinach  
Kales  
Chards

Dandelion Greens  
Beets

Baby Carrots  
Baby White Turnips  
Leeks

Spring Onions  
Garlic (bulbs and scapes)  
Radishes  
Potatoes  
Sunchokes

Beans (shelling and Fava)  
Peas (Sugar Snap and  
English)  
Rhubarb

## Local Strawberry Festivals

Kick off the summer in true Northwest fashion by checking out a local Strawberry Festival:

**Biringer Farm's 19th annual PigOut on the Farm and Berry Fest** on June 21st & 22nd. Come and celebrate 60 years of pickin' and eatin' those sweet and juicy strawberries and enjoying the fun times down on the farm off Hwy 529 between Everett and Marysville. [Click here for more details.](#)

**Marysville Strawberry Festival** is June 20-22, with a parade, strawberry shortcake eating contest, carnival, car show and lots more, including fireworks Saturday evening. [Click here for more information.](#)

**Remlinger Farms Strawberry Festival** on two weekends: June 21st & 22nd and 27th & 28th. Famous Seattle clown JP Patches is scheduled to appear from 1-2:30pm on June 22nd. [Click here for more details.](#)

**Bellevue Strawberry Festival** on June 28th and 29th at the Crossroads Park. [Click here for more information.](#)

**City of Burien Strawberry and Arts Festival** on June 28th and 29th. [Click here for more information.](#)

*Reminder:* Mother Nature has delayed many berry crops. Please call ahead to find out availability.



## Asparagus with Lemon-Shallot Vinaigrette

This is a wonderful springtime dish: simple, bright and bracing, showcasing the end-of-the-season asparagus. A sunny-day twist: grill the asparagus.

### Ingredients:

- 2 pounds thin asparagus spears (2 bunches), tough ends trimmed
- 1 tablespoon olive oil
- Table salt and ground black pepper
- 1 large shallot, minced (about 2 tablespoons)

Bamboo Shoots  
Fiddlehead Ferns  
Sea Beans  
Miner's Lettuce

### - Fruits -

Cherries  
Apriums (cross between apricot and plum...not to be confused with a pluot!)  
Strawberries - still slow...more to come!

### -Local Flowers-

Peony  
Poppy  
Early Lily  
Iris (many kinds)  
Greenery of all types

### - Eggs -

Chicken  
Duck

### - Meats -

Beef  
Veal  
Lamb  
Pork  
Goat

### - Poultry -

Chicken  
Duck

### - Local Farmstead Cheeses -

Cow  
Sheep  
Goat

### - Dairy Products -

Milk  
Cream  
Ice Cream

### - Wines -

Many varieties from Puget Sound appellation grapes and other fruits

### - Ciders -

Fresh and hard varieties

### - Herbs -

Fresh and dried

- 1 tablespoon lemon juice
- 1 teaspoon grated lemon zest
- 1 tablespoon minced fresh thyme leaves
- 1/4 teaspoon Dijon mustard
- 1/3 cup extra-virgin olive oil

**Method:**

1. Adjust oven rack to uppermost position and heat broiler.
2. Toss asparagus with oil and salt and pepper, then lay spears in single layer on heavy rimmed baking sheet. Broil about 4 inches from heating element, shaking pan halfway through to turn spears, until asparagus is tender and lightly browned, 8 to 10 minutes.
3. Cool asparagus 5 minutes and arrange on serving dish.
4. Whisk shallot, lemon juice and zest, thyme, mustard, and olive oil in small bowl; season to taste with salt and pepper. Drizzle over asparagus and serve immediately.

Serves 4-6

*Adapted from cooksillustrated.com*



## Glazed Baby Turnips and Baby Carrots

This recipe is from Jeff Miller of Willie Green's Organic Farm. It showcases two colorful vegetables that grow exceptionally well here in the Puget Sound.

**Ingredients:**

- 1 bunch baby carrots cut in 2-inch lengths
- 1 bunch baby turnips, reserve the greens
- 1/4 cup butter
- 1/2 teaspoon sugar
- Salt & freshly ground pepper to taste
- 1/2 tablespoon olive oil
- 1 tablespoon fresh-squeezed lemon juice

**Method:**

1. Trim the stems from the turnip greens. Rinse the greens and set aside.
2. Melt the butter in a heavy skillet over medium heat. Add the carrots and turnips and seasonings. Toss to coat with the melted butter. Cook over medium heat without stirring until lightly golden. Turn the vegetables and cook long enough to allow the other side to caramelize and the vegetables to be tender through.
3. While the root vegetables are cooking, quickly wilt the turnip greens in the olive oil over medium heat. Drizzle with lemon juice.
4. Serve the greens with the glazed veggies for a colorful sweet and sour side dish.

Serves 4 as a side dish

From [Willie Green's Organic Farm](#)

**- Shellfish -**  
Clams  
Mussels  
Oysters  
*Geoduck...if we're lucky!*

**- Dried Fruits -**  
Apples,  
Asian Pears,  
and more

**- Honey -**  
Wildflower & Berry flavors  
*(raw and unfiltered)*

**- Also -**  
Vinegar  
Jam  
Jelly  
Pasta  
Pastries  
Canned Salmon and Tuna  
Smoked Salmon

**UPCOMING EVENTS**

**June 24th**  
United Way of King County  
Hunger Summit  
For more information and to register, email  
CommunityServices  
"at" UWKC.org

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**June 29th**  
Community Alliance  
for Global Justice  
Strengthening Local  
Economies Everywhere  
Dinner and Fair  
[Click here to for more information and to buy tickets](#)



## Rhubarb Crisp

This is a version of a Northwest classic. While we don't grow oranges here, their sweet-tart flavor provides an excellent compliment to the sour rhubarb and crispy topping.

### Ingredients:

12 tablespoons (1 1/2 sticks) chilled unsalted butter  
1 cup plus 1 1/2 tablespoons all-purpose flour  
1/2 cup packed dark-brown sugar  
1/2 teaspoon ground cinnamon  
1/4 teaspoon fresh grated nutmeg  
1/4 teaspoon salt  
1/2 cup old-fashioned rolled oats  
2 pounds (6 large stalks) rhubarb, cut into 1/2-inch pieces (6 cups)  
1 teaspoon grated orange zest  
1 vanilla bean or 1 teaspoon vanilla  
1/2 cup granulated sugar  
2 tablespoons cornstarch  
Juice of 1 orange

### Method:

1. Preheat oven to 375°. Butter six 8-ounce ramekins (or a 2 1/2-quart shallow casserole), and set aside.
  2. Make crumb mixture: In a large bowl, whisk together flour, brown sugar, cinnamon, nutmeg, salt, and oats. Cut in chilled butter until mixture comes together into clumps, about 4 to 5 minutes; set aside.
  3. In a large bowl, stir to combine rhubarb, zest, orange juice, and vanilla. In a small bowl, combine sugar and cornstarch; sprinkle over rhubarb until just coated.
  4. Pour rhubarb mixture into dish, and top with crumb mixture.
  5. Bake until the rhubarb is bubbly and crumb golden but not dark, about 45 minutes.
- Let cool slightly, and serve warm, with ice cream, whipped cream or light cream...some type of delicious cream.

Adapted from Martha Stewart

**July 18 - 21**  
King County Fair,  
Enumclaw  
[Click here for more  
information](#)

**July 28th**  
Tilth Farmwalk - Alm Hill  
Gardens  
Focus on diversified  
production and transition to  
cooperative ownership  
[Click here for more  
information](#)



## *FoodLust 2008 was a HUGE success!*

Hip-hip-hooray! On a blustery, grey June 7th about 150 true-NW revelers gathered out at Fall City Farms to celebrate local food, farms and Cascade Harvest Coalition. The food was magnificent, the Puget Sound appellation wine flowed and people showed their support by helping raise over \$24,000 for Cascade Harvest Coalition to continue supporting farmers, educating consumers and building healthy communities.

Thanks to everyone who came out to support us and for those who weren't able to make it...mark your calendars for FoodLust 2009.



Check out the bundled-up party-goers.

## *Farm Spotlight*

### **Growing Washington - Woodinville Location at 21 Acres**

**Farmer:**  
Vincent Felice

**PSF:** What's fresh at your farm now?

**Vincent:**  
We have tons of baby carrots, including the varieties Nelson and Purple Haze, so we're really excited for those. Also, Peas and Strawberries are in and flush and we will have them at the markets this week.

**PSF:** Speaking of markets, where can folks find your produce?

**Vincent:** For farmers markets our schedule is:

*Wednesday:* Kirkland  
*Thursday:* Queen Anne  
*Saturday:* Woodinville  
*Sunday:* Lake Forest Park

**PSF:** What are three things that you are excited about in 2008?

**Vincent:** Gosh! The things I'm excited about... well,  
1. We're growing some fun types of Winter Squash, like Rouge Vif d'Etmapes and Delicata.



**Fresh Gear helps you make a bold statement about your support for local farms and food!**

Purchases can be made by via email by clicking [here](#). Prices don't include shipping.



**"Rosie the Riveter" Eat Local T-shirt**

Rosie is a symbol of economic possibility and hard work - two qualities that the local food movement embraces and encourages. Rock out with Rosie and make a statement: Do it! Eat Local!

\$15.00 - Available in sizes S-XL in White, Yellow, and Oatmeal.

**"Get Fresh with a Family Farmer" T-shirt**

It's a sweet-tart slogan with a great message. Let the world know that you're not afraid of a little dirt when you're supporting local farms.

\$15.00 - Available in sizes M-2XL. Silkscreened American Apparel shirts.

**"Puget Sound Fresh" Logo Ballcap**

Dress your noggin in the freshest ballcap this side of Safeco field. Folks throughout the region will know that buying local is your prerogative when they spy this functional and stylish accessory.

\$15.00 - Adjustable fit.

**"Buy Local. Get Fresh" Reusable Shopping Bag**

Everyone should have one. Show off your sustainable sensibilities

2. We're gonna have tons of carrots this year. We have some beds that look great right now. I want to bring piles to the market. I like that look.

3. Eating LOTS of strawberries.

**PSF:** Okay! Now a few questions about some of your projects. First, how's the Growing Washington Local Choice Food Box coming along?

**Vincent:** Woooo! Just great! We have a custom-made [website](#) that's just awesome where people can sign up and choose what produce goes in their box. We have lots of drop-off locations in the Seattle/King County area, so you can pick up near where you live and take home exactly what you want. It's not just a CSA. It's something unique and different, which I am very proud of.

**PSF:** How's the soup project going? I know that the soup station was a huge hit at the Winter farmers markets around town. Any plans for continuing in the summer?

**Vincent:** Soup is on hold for the summer, but it'll be back next winter. We hope it'll be a huge success again next year. We're planning for it now, including growing winter squash for the Squash Soup.

**PSF:** Anything else you want "What's Fresh Now" readers to know about your farm?

**Vincent:** One of the coolest things about our

with our reusable shopping bag. Strong enough for big trips to the farmers market, stylish enough to carry around town, this is the bag to buy for your everyday needs.

\$5.00



## ***Thanks for reading!***

**Thanks for opening up the late June edition of What's Fresh Now.** If you have any questions, please consult the website: [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)

In the next issue, hopefully we'll have had some better weather to push those crops along! As usual, we'll feature another farmer interview, seasonal recipes and more.

### ***Puget Sound Fresh Team***



Puget Sound Fresh is made possible with support from King, Snohomish and Pierce Counties, King Conservation District and farmers throughout the Puget Sound region.



**King County**



**King Conservation District**

farm is that you can come out whenever you want. It's an open loop around the farm. People are definitely invited to check us out. We do offer organized tours on the first saturday of the month starting at 11am. If anyone's interested, contact me at vincent "at" growingwashington.org or by phone at (206)403-5883.