

YUMMY NORTHWEST

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VEG OUT

A trip to the local grocery store is nothing compared to high adventure found at farmers markets. Shopping in stores can be an unwelcome albeit necessary chore. But I promise that you won't get bored looking at the splendiferous array of food at any farmers market. You'll probably see things you don't recognize or never had courage to eat. Ask the farmers what it is and how to cook it; they'll gladly show off their expertise.

And when you're finished with shopping, take time to look around the neighborhood. Navigate islands from Winslow to Friday Harbor. Explore lavender fields and mountains around Sequim. Enjoy ocean breezes or go fly a kite when you are in Ilwaco or Grays Harbor. Dig for fossils in Republic, near Omak. Other Eastern Washington destinations, such as Wenatchee and Yakima, will reveal miles of bountiful orchards. Many more adventures await in the south, beginning with Portland and encompassing the entire state of Oregon.

Don't go for only a day or a weekend – spend your entire life savoring the edible variety of the Pacific Northwest.

To market... to market...

The following markets are only a sample of what's out there. For more information, see middle column, this page.

Ellensburg – Kittitas County Farmers Market (Sat. 9-1)

4th and Pearl

Expect high winds in this hot spot east of the Cascades. But don't expect too much at the market. The many farmers in the area find better business elsewhere, so mostly you'll find crafts here. But still there is some intriguing produce. Did you know that cucumbers can have flavor? The organic heirloom varieties sold by Kittitas Valley Greenhouse come in many shapes, sizes and colors, and ooze with deep, green taste.



A local harvest

Puget Sound Fresh Farm Guide 2005

www.pugetsoundfresh.org
Lists farmers markets, u-pick farms, roadside stands, grocers that sell small-farm produce – and more.

Washington State Farmers Market Guide

www.wafarmersmarkets.com
Their hard-copy brochure includes a map of market locations throughout the state.

Oregon Farmer Markets Association

www.oregonfarmersmarkets.org
This site tells you where to find Oregon farmers markets and provides resources for savvy consumers.



In the area: Ellensburg is a fine little town with a café or two to satisfy lunch needs. Farther afield, museums, birdwatching and hunting for rare blue agates provide a full day's worth of activities.



GREAT-TASTING HEIRLOOM CUCUMBERS

Olympia Farmers Market (Thurs.-Sun. 10-6)

Capitol Way and Market St.
A large, well-established market with everything organic. You can buy plants and seeds in season, or skip the yard work and pick out luscious produce, homecanned jams (made with blood-sugar-friendly fructose), baked goods from three local bakeries, and farmstead cheese from Estrella Family Creamery.

In the area: In your itinerary, include a tour of the state legislative building, Olympia's many parks and cafés, The Tea Lady and the original Mud Bay Granary store. And while you're only 40 minutes away, go on to Montesano and visit the Estrella Family Creamery, open to the public Sat. 10-4. You might see calves lounging in a garden area and young goats enjoying a snooze by the barn. Sample cheese while watching it being made. "Farmstead" cheese means the entire process is done on the farm, from milking animals to aging the cheese. But don't hesitate to buy your favorite. The cheese runs out fast as the natural aging process takes its time and demand for the tasty stuff is high.

Tacoma – **Proctor Farmers Market** (Sat. 9-2)
N. 27th St. and Proctor

A small market with interesting selections. Sample Washington-grown hazelnuts, homegrown rhubarb, and berries. Lots of berries. Tim's Fine Berries, from a 16-acre farm in Puyallup, find their way here in all their Technicolor glory. Taste gooseberries and golden raspberries, and take plenty of berries home for cereal and jam.

In the area: The drive to the market from the freeway exit winds past beautiful glass sculptures advertising the Glass Museum and through peaceful tree-lined streets. You'll pass through Old Town, the original settlement, and just up the hill is Proctor, almost as old. Nowadays, browse in charming shops such as Wag Pet Market, for dogs and cats, and Harp and Shamrock, for the Irish in you.

Seattle – **Broadway Sunday Farmers Market** (Sun. 11-3)

Broadway and E. Thomas
Surprising abundance on Capitol Hill. This market is well worth a visit to sample produce from organic farmers who are proud of what they grow. Heirloom tomatoes, fresh and tasty apricots, rainbow chard, sweet corn and plump sugar peas are only some of what you'll want to buy here. Bring a large shopping bag.

In the area: Seattle is bursting at the seams with interesting things to do. If you yawn at traditional tourist spots, such as the Space Needle, stay on Capitol Hill for a while. Walk along Broadway, where unusual shopping and eating experiences await, and then meander on back streets past enchanting, historic houses. Experience a bit of history at Lake View Cemetery, where several Seattle pioneers, including members of the Denny Party, are buried.



BEAUTIFUL FOOD FROM THE BROADWAY MARKET

Explore and learn

Visit these farmers online or in person for an adventure in seeing how food is produced and grown.

Estrella Family Creamery

Montesano, Wash.
(360) 249-6541
Farmstead cheese from happy cows and goats.



CONTENTED CALVES
RELAX AT THE ESTRELLA
FAMILY CREAMERY

Willie Green's Organic Farm

Monroe, Wash.
(425) 485-4128
www.williegreensorganicfarm.com
Some of the best-looking (and -tasting) produce you can find. (Those are their berries, peas and onions in the Broadway Market photo.)

Tim's Fine Berries

Puyallup, Wash.
(253) 714-4114
Name a berry, and they've probably got it.



BOUNTY FROM
TIM'S FINE BERRIES

all photos by Mary Rosewood

Farmers Market Pasta Bake

After a trip to the Broadway market, I created this to use all the vegetables and, yes, homemade pasta that I bought. It's Zone-friendly, but you can adapt it to your own taste.

Have ready:
12 ounces mozzarella cheese, grated(1)
4 ounces Parmesan cheese, grated(1)
15 ounces ricotta cheese

Chop into small pieces, cook (steam or sauté), and then combine in large bowl:

1 large onion
1 small zucchini
1 bell pepper
3/4 pound mushrooms(2)
5 stalks rainbow chard(3)

Cook 1 pound ground beef until done. Add to the vegetables in bowl.

Stir into vegetable mixture:
3 cups tomato puree
2 tomatoes, chopped(4)

Cook 8 ounces pasta (any kind) according to package directions, keeping it a bit underdone.

Layer in 13-by-9-inch pan:
One-third of vegetable mixture
Half of pasta
Half of ricotta
Half of mozzarella
Half of Parmesan
Repeat, omitting Parmesan (save for topping)
End with layer of vegetable mixture

Cover with foil. Bake in 350-degree oven for 1 hour. Remove foil, sprinkle with remaining Parmesan, and let sit 10 minutes.

Makes 8-12 Zone-friendly servings.

Notes: Or use: (1) Any cheese from your market. (2) Two 4-ounce cans. (3) Any fresh, leafy green vegetable, or one small can of spinach, drained. (4) One 14-ounce can diced tomatoes.



About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest. Online at www.tanglycottage.com/Yummy.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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