

THIS WEEK AT THE MARKET



July 12, 2013

Virginia Mason Medical Center, 925 Seneca Street, Seattle, WA 98101 VirginiaMason.org

Get to Know our Vendors!

That Brown Girl Cooks

Chef Kristi Brown-Wokoma, lovingly known as the 'Chef Goddess', has been committed to serving soulful deliciousness since 1986.



Her brand focuses on the art and experience of food through culinary activism. Culinary activism, the cultivation of fresh food and cooking as a means to bring people together, heals communities through the love and medicine of food. Her cooking style is a mélange of global and local flavors rooted in her African American background.

With 23 years of cooking experience, the Chef Goddess has worked her way from the front of the house to the back, including creating a Seattle town favorite, That Brown Girl Catering, which has been transformed into That Brown Girl Cooks! (TBGC)

TBGC is a foodie lifestyle company that includes: Interactive cooking classes, personal chef services, pop-up restaurant events and food products. Its inaugural creation - Black Eye Pea Hummus- is now in six Seattle area locations!

The Chef Goddess is very excited to be a part of the farmers market. It is her first experience as a vendor at an outdoor market and she was very well received. She looks forward to sharing the Brown Girl goodness with you. If you have any special requests, please contact her and she will do her best to accommodate!

Follow the Chef Goddess!
On Twitter: [Browngirlcooks](https://twitter.com/Browngirlcooks)
On Facebook/Instagram: That Brown Girl Cooks
Or email: www.thatbrowngirlcooks.com

Health Highlight: Bell Peppers

The bell pepper is famous for its crisp and refreshing taste, striking color and versatility, being delicious both raw and cooked.

It is also well known as a great source of immune strengthening vitamin C, one cup providing 196 percent of our daily recommended intake! A little less well known is the bell peppers vitamin B6 content, supporting healthy nerve function, as well as the variety of phytonutrients they provide, offering antioxidant and anti-inflammatory benefits.

Commercially grown bell peppers are one of the crops most heavily treated with pesticides, herbicides, fungicides and fumigants. These chemicals are not fully removed from the skin through washing, making this vegetable a great one to put on your list of purchasing organic, or spray free, whenever possible.

Bell peppers belong to the nightshade family, along with eggplant, potato and tomato. Some people struggling with chronic inflammatory conditions, such as arthritis, report improved symptoms after removing nightshades foods from their diet.

Before preparing, wash bell peppers under cold water and scrub gently with a bristle brush if the pepper has been waxed. If cooking, sautéing has been found to preserve the greatest amount of nutrients and flavor. Eat raw to enjoy the bell pepper's refreshing crispness!

**The Virginia Mason Farmers Market
Is sponsored by EnviroMason**

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Chef Jeff's Market Fresh Recipe of the Week:



Sweet and Spicy Jicama Salad

Recipe by Chef Jefferson Anderson

Recipe makes 6 servings

Ingredients:

1 ¼ pounds jicama, diced	4 ounces orange bell pepper, diced	½ bunch of fresh cilantro
2 oranges, diced	3 ounces radishes, thinly sliced	1 lemon, juiced
6 ounces red bell pepper, diced	3 Thai chili's, minced	Black pepper to taste
4 ounces yellow bell pepper, diced	½ jalapeno, diced	

Nutrition Facts

Serving size: 7 ounces

Calories: 84	Sodium: 15 mg
Total Fat: 0.43 grams	Cholesterol: 0 mg
Protein: 2 grams	Saturated Fat: 0.07 grams
Carbohydrate: 21 grams	Monounsaturated Fat: 0.04 grams
Fiber: 8 grams	Polyunsaturated Fat: 0.13 grams

Preparation:

1. Combine all ingredients in a large bowl
2. Toss gently to blend flavors
3. For best flavor; refrigerate 30 minutes before serving

While the bell pepper is a vegetable that many are familiar with, **jicama** is a little more mysterious. Jicama is a root vegetable from Central America that looks like a large beige turnip. When the skin is peeled it reveals a crisp, slightly sweet inside, tasting similar to water chestnut.

This crunchy vegetable is made up of 90 percent water; the remaining percent is mostly fiber. Jicama is a great source of Inulin, a fiber that promotes healthy gut bacteria and enhances absorption of calcium from other foods, as well as potassium, supporting heart and muscle health.

When shopping for jicama look for ones that are firm and round. Store them in a cool, dark place for up to four weeks, and in the refrigerator when cut.

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