

THIS WEEK AT THE MARKET



July 19, 2013

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

Get to Know Our Vendors!

Annie Crane is a graduate of **Seattle Tilth Farm Works (STFW)**. This program provides business training and support to immigrants,



refugees and people with limited resources in South King County. Participants of this program have included Somali Bantu, Ethiopian and Burundian immigrants along with Americans with limited resources.

Following the learn-by-doing model, the program affords participants the opportunity to gain hands-on experience growing and harvesting food following organic practices. This Auburn based program provides the farmer with the tools and skills they need to create farm, market and business plans while also supplying subsidized rates for the rental of equipment, land and utilities.

STFW teaches sustainability through the farming methods it teaches, as well as the comprehensive education it provides its participants. There are many ways to support this program, such as volunteering, joining the STFW CSA or by becoming a member of Seattle Tilth.

If you are interested in learning more about STFW or any of the other exciting programs Seattle Tilth offers please visit seattletilth.org.



Health Highlight: Carrots and Radish

Carrots and radishes are often seen growing in the same rows. They work together, the radish loosening the soil, assisting the carrot in getting the nutrients it needs. Radishes and carrots offer us important nutrients, helping our bodies to function in the best way they can.

Radishes are a great source of Vitamin C, a powerful antioxidant, helping to prevent heart disease and cancer. Vitamin C is important in maintaining a strong immune system.

Radishes contain Folate, a B vitamin essential in many body functions, including making healthy new cells and the formation of red blood cells.

Potassium is also found in radish. This mineral is necessary to the functioning of muscles, including the heart. Potassium helps maintain a healthy blood pressure.

In Ayurvedic medicine, a healing system based in India, radishes are known for their pungent taste and considered to be a food that stimulates digestion.

Carrots contain Vitamin A, which supports our immune system, is important for healthy growth and development as well as good eyesight. Vitamin A is also a powerful antioxidant.

Carrots are a great source of fiber, which helps keep our digestive tract healthy, assists in balancing our blood sugar, helps maintain healthy cholesterol levels and slows down digestion, helping us feel full longer.

In Chinese medicine carrots are used to support the skin, lungs, urinary and digestive tract.

**The Virginia Mason Farmers Market
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Chef Jeff's Market Fresh Recipe of the Week:

Curried Tofu with Vegetables

Recipe by Chef Jefferson Anderson



Recipe makes 4 servings

Ingredients:

¾ tablespoon vegetable oil

15 ounces firm tofu, cubed

¼ teaspoon salt

5 ounces coconut milk

1 teaspoon curry powder

8 ounces carrots, julienned

¼ teaspoon crushed red pepper

1 (15.25 ounce) can Pineapple chunks, with juice

8 ounces red bell pepper, julienned

4 ounces raisins

½ cup fresh basil, chopped



Preparation:

1. Heat oil in skillet over medium heat
2. Add tofu and sprinkle with salt
3. Cook 6-8 minutes or until golden brown, stirring frequently
4. Remove from pan and keep warm
5. Add coconut milk, and curry powder to the pan
6. Cook for 1 minute
7. Add remaining ingredients, except for the basil
8. Cook for 5 minutes, stirring occasionally
9. Stir in tofu
10. Sprinkle with basil, toss gently and serve

Nutrition Facts

Calories: 421	Sodium: 190 mg
Total Fat: 19 grams	Cholesterol: 0 mg
Protein: 17 grams	Saturated Fat: 8 grams
Carbohydrate: 52 grams	Monounsaturated Fat: 2 grams
Fiber: 7 grams	Polyunsaturated Fat: 1 gram

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