



Pennsylvania Vegetable Marketing & Research Program
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Make This with PA Produce: Quick Cucumber Kimchi

Co-Owner of Local Food Market LV., Nicole Shelley, Shares Asian-Inspired Recipe

Harrisburg, PA - Nicole Shelly is co-owner of [Local Food Market LV](#), a company that broke onto Lehigh Valley's local food scene in 2019 with a mission to make local food more readily available to citizens of the Lehigh Valley region. Having 16 years prior experience with farm business ownership and marketing, alongside her co-owner, Steve Shelley, she was able to identify a need to not only serve the consumer but also assist farmers in marketing their products in ways that are keeping up with new technology and aligning with the methods that big businesses are using to sell food.

Local Food Market LV features an online store chock full of local foods and they're able to offer an added benefit of packaging, pick up and delivery for the local food businesses they work with. They currently make daily deliveries to Emmaus, Coopersburg, Center Valley and Allentown, where orders are filled as soon as possible or according to the customers' preferred time and day. Weekly deliveries to community drop off sites are also available in select areas.

"At Local Food Market LV we are passionate about eating local food every day, 365 days a year. We start with what is available locally and go from there. Eating raw and cooked local, seasonal fruits and veggies from PA farms is the best healthcare and self care available. Buying local food keeps farms viable and preserves open spaces in the landscape of an area."

With the idea of using as many local vegetables as possible, Nicole found herself naturally drawn to Asian cuisine. The recipes tend to highlight a variety of vegetables that are available locally here in PA, just like this Kimchi delight, which is packed with flavor and also vegan.

"It can be helpful to prepare a big batch [of this recipe] so you can add veggies to your meal in a hurry. This spicy dish is great on it's own for a snack, matches well with pork (especially Korean BBQ) or can be added to rice noodles."

Quick Cucumber Kimchi

Ingredients

Cucumbers

2 lbs cucumbers, preferably Asian type or thin skin/seedless

1 T. sea salt



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Sauce

1/2 lb carrots julienned or shredded
1/4 cup scallion greens cut on bias
1-2 garlic scapes chopped or garlic cloves minced
small bunch cilantro, chopped

Directions

Cucumbers

1. Cut the cucumbers in half lengthwise twice on opposite sides and then slice to make bite size triangular pieces. Add them to a bowl, sprinkle with salt and stir. Let stand for 20 minutes and drain and rinse well in a colander.
2. While the cucumbers are being salted, chop up other veggies and make the sauce.

Sauce

1. 1 t. gochugaru Korean red pepper/course ground red pepper (this amount is for mild kimchi, add more for spicier kimchi)
2. 1 small bunch of garlic chives, chopped (optional)
3. 1 T. soy sauce
4. 1 T. minced ginger
5. 1 T. sugar

Store

Add the sauce and veggies to the cucumbers and let stand for a minimum of 2 hours or up to 12 hours, stirring occasionally. Add some sea salt to taste. Store in glass jars in the refrigerator and enjoy in a week.

The Pennsylvania Vegetable Marketing and Research Program is a statewide marketing order established by a grower referendum, governed by a grower board and funded by grower assessments. The Program's sole purpose is to serve the vegetable growers of Pennsylvania by promoting Pennsylvania-grown vegetables and funding practical vegetable production research. Consider liking PA Veggies on Facebook ([PAVeggies](#)), following along on Instagram ([@PAVeggies](#)), subscribing to our [YouTube](#) channel, and using #PAVeggies to find and share your homegrown PA happiness experiences.

EDITORS: If you have any questions, please contact Angela % PA Veggies at 484.955.3817 or angela@kitchentableconsultants.com.