



PlumFresh Harvest Subscription

Season 6, Week 13
Wednesday, September 1, 2021

Welcome to September, everyone! We made it through Slogust! I am seeing subtle signs of fall all around and we are scurrying to get fall crops in the ground. And, speaking of Fall Crops, if you'd like to have some cool weather veggies in your home garden, we are having our **Fall Plant Sale on Sunday, September 12 (NOTE new date!)**. Pre-ordering will be available for *PlumFresh* members. We'll have kale, lettuce, cabbage, broccoli and more!

Thanks for indulging our little break last week. It wasn't exactly what we had in mind, but it helped! While there was still a lot of farming going on, it was at a different pace. And we actually headed up to Virginia to do a wonderful hike at Rock Castle Creek and even a visit to [Villa Appalaccia Winery](#). That was a very pleasant little day trip!

Here's what you'll find in this week's bag:

- Fingerling Potatoes -- *LaRatte*
- Okra – *Burgundy and Cajun Jewel*
- Shishito Peppers
- Tomatoes – *Bolseno, Franchi Red Pear, Martha Washington, Red Pearl, Valentine and more*
- Garlic – *Lorz Italian*
- Microgreens Mix OR Basil
- Add-ons: Green Chile – Medium is *Big Jim* and Hot is *Hatch Doublecross*

Storage Tips

- Please make sure that you **always wash all of your produce** – while we wash **many** of our products (but not all) and we don't use chemical pesticides, there may be field dirt or other residue.
- **Tomatoes** belong on the counter – refrigeration diminishes their flavor.
- **Shishito peppers and okra** should be stored in a plastic bag in the refrigerator.
- **Potatoes and Garlic** should be stored in a PAPER BAG in a cool, dark place. Don't store in the refrigerator or in a plastic bag.

Things to know + How do I use this stuff?

- **Shishito Peppers** are an incredible appetizer pepper – I have heard them described as addictive. You think you are going to eat just a couple and before you know it, you've eaten half of the pan and want more! Check out the tips below on preparing your shishitos.
- **Okra** really does not have to be slimy and awful. Have you ever eaten okra raw? Try it as a component of a crudité platter – especially the burgundy. It's crunchy and not slimy at all! The slime factor really comes out when okra is boiled and cooked for long periods of time. In fact, it is used as

a thickening agent for many Creole dishes. But it DOES NOT have to be slimy! Try roasting it on a cookie sheet (450 oven). Spray the sheet with olive oil spray, spread out the okra (I like to eat it whole or you can slice it into 2" pieces), spray some more olive oil on top, sprinkle with salt and bake for about 20 minutes, flipping once. Yum! It's also great grilled! High heat seems to be the magic move to keep down the okra slime! Try the recipe for okra on reverse – a new perspective on an old Southern treat.

We hope you enjoy this week's adventure in fresh, Organic and local food!



Recipes

In case you missed it before....

PAN-SEARED SHISHITO PEPPERS

The peppers can also be roasted in the oven or on the grill – try with okra or other vegetables. A great appetizer or side dish!

- 1 pint shishito peppers
 - 1 teaspoon good olive oil
 - Sea salt to taste
 - Lemon juice
1. Wash and dry the peppers and toss them with the olive oil in a plastic container with a lid – shake well to coat the peppers.
 2. Heat a large heavy skillet over high heat. Add the peppers and cook for 5-7 minutes, stirring frequently, until the peppers are slightly brown and blistered. The peppers will puff up and will then deflate – when they deflate, they are ready.
 3. Sprinkle the peppers with sea salt and lemon juice to taste. A sprinkle of romano cheese is a great addition as well.

CREAMY CHILLED SHISHITO PEPPER SOUP

Based on a recipe by Sandi Gaertner in Fearless Dining (<https://www.fearlessdining.com/shishito-pepper-soup/>)

Prep Time: 10 mins; Cook Time: 15 mins; Total Time=25 mins

Ingredients

- 1 pint shishito peppers washed, trim off stem ends and stems
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 medium cucumber
- 1/4 cup onion, chopped
- 1 medium tomato or 10 cherry tomatoes, chopped
- 2 cups vegetable stock or water (I used water and added veggie bouillon)
- 1 tablespoon +1 teaspoon apple cider vinegar
- ¾ cup nonfat plain Greek yogurt
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon salt or more to taste
- ½ teaspoon cumin

Instructions

1. In a frying pan, heat oil and garlic on high heat.
2. Add peppers.
3. Cook Shishito peppers until blisters appear on the skin (~5-7 minutes).
4. Place peppers and all ingredients into a blender or Vitamix. (Note, if you do not use a Vitamix, make sure you roughly chop up your vegetables first.)
5. Puree on medium speed for 30 seconds.
6. Make sure peppers are pureed.
7. Place in an airtight container.
8. Chill in the refrigerator 3-4 hours. Serve chilled.

Love and Lemons had a post just last week about how much they love shishito peppers. They also have some great dipping sauces to consider using with the peppers – haven't tried them yet but they sound delicious! Take a look here:

[Blistered Shishito Peppers Recipe - Love and Lemons](#)

GRILLED OKRA WITH SPICED YOGURT, PEANUTS AND MINT

Source: Steve Satterfield featured in the Wall Street Journal, July 17, 2017

(<https://www.wsj.com/articles/grilled-okra-with-spiced-yogurt-peanuts-and-mint-20-minute-recipe-1500561110>)

TOTAL TIME: 20 minutes SERVES: 4

- 1 cup whole Greek yogurt
 - 1 large garlic clove
 - 1 lemon
 - 1 teaspoon cumin seeds, toasted and coarsely smashed
 - 1 teaspoon coriander seeds, toasted and coarsely smashed
 - 1 teaspoon pepper flakes
 - Kosher salt
 - 1 pound fresh okra
 - 3 tablespoons olive or peanut oil, plus more for drizzling
 - ~1 cup roughly chopped dry- roasted peanuts
 - ~1 cup torn fresh mint
1. Submerge several 6-inch wooden skewers in water to soak. Preheat a grill.
 2. Place yogurt in a medium bowl. Use a fine grater to grate garlic and lemon zest over yogurt. Halve lemon and squeeze one half into yogurt. Add cumin, coriander, red pepper flakes and season with salt and more lemon juice, if needed. Stir to combine and refrigerate until ready to use.
 3. Thread a skewer through 4-6 okra pods just below caps. Thread a second skewer through the same pods, about 1/2 inch from the tapered tips, creating a secure plank of skewered pods. Repeat with remaining skewers and okra, leaving about 1 inch of bare skewer at each end.
 4. Brush both sides of okra with oil and sprinkle with salt. Place okra skewers on hot grill and cook until okra begins to char, about 2 minutes. Flip and grill opposite side until charred, about 2 minutes more. Transfer grilled okra to a platter and discard skewers.
 5. To serve, spread yogurt sauce over a serving platter or individual plates. Drizzle with oil and top with okra. Garnish with peanuts and mint.

BRINED FINGERLING POTATOES

Recipe from the Tasting Table Test Kitchen
[Brined Fingerling Potatoes Recipe | Tasting Table](#)

Yield: 4 servings
Prep Time: 5 minutes
Cook Time: 15 minutes, plus 15 minutes cooling time
Total Time: 35 minutes

Just simmer the potatoes in an herb-packed brine until they're tender, then store them in the fridge. They'll wait for you there, infused all the way through with that deliciously sweet and savory flavor. Fry eggs and you've got breakfast.. Or dinner. Whenever you're hungry, potatoes are there for you.

INGREDIENTS

- 1½ pounds fingerling potatoes
 - 4 sprigs fresh thyme
 - 1 sprig fresh rosemary
 - 2 dried bay leaves
 - 1 tablespoon black peppercorns
 - 1 tablespoon coriander seeds
 - 1 tablespoon fennel seeds
 - ½ teaspoon red pepper flakes
 - 3 teaspoons Diamond Crystal kosher salt or 1½ teaspoons Morton's kosher salt
 - 4 cups cold water
1. In a medium pot, combine all ingredients and bring to a boil over high heat. Reduce the heat to low and simmer until the potatoes are just tender when pierced with a knife, about 12 minutes. Transfer the potatoes and the cooking liquid to a large metal bowl and nest that bowl in a second, larger, ice-filled bowl until the potato cooking liquid is cool, refreshing the ice as necessary. Once cool, transfer the potatoes and their cooking liquid to the refrigerator. The potatoes will keep for up to 1 week.
 2. To serve, remove potatoes from the brine, pat dry, toss with olive oil and roast in a 450° oven until warmed through, about 10 minutes.

GARLIC-ROASTED FINGERLING POTATOES WITH BUTTERMILK DRESSING

Serves 6

Source: <http://www.wholefoodsmarket.com/recipe/garlic-roasted-fingerling-potatoes-buttermilk-dressing>

Try roasting the potatoes on a grill – make a pan out of foil and place it directly on the grill. You may need to adjust cooking time since the heat will be more intense. Use a cookie sheet to slide the foil pan on and off the grill.

Ingredients:

- 2 lb fingerling potatoes, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil
- 1/4 cup white wine
- 2 teaspoons coarse sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon minced fresh thyme leaves
- 1 clove garlic, finely minced

Buttermilk Dressing

- 1/2 cup buttermilk
 - 1/4 cup plain nonfat Greek yogurt
 - 1 tablespoon lemon juice
 - 1 tablespoon grated lemon zest
 - 1 tablespoon honey
 - 1 tablespoon minced fresh chives
 - 1 tablespoon minced fresh dill
 - 1 tablespoon minced fresh mint
 - 1/2 teaspoon fine sea salt
 - 1/4 teaspoon ground black pepper
1. Preheat the oven to 400°F. In a large bowl, combine potatoes, oil, wine, salt, pepper and thyme. Toss well.
 2. Arrange potatoes in a single layer on two large-rimmed baking sheets. Cover tightly with aluminum foil and cook 15 minutes. Remove the foil and continue to roast potatoes until golden brown, about 30 minutes more.
 3. Remove both baking sheets from the oven and toss potatoes with minced garlic. Place potatoes back in the oven and cook for another 10 minutes until deep golden brown and garlic is fragrant (but not burnt).
 4. Meanwhile, combine all dressing ingredients in a small bowl, whisking until well combined. Spoon dressing over potatoes and serve.