



## *PlumFresh* Harvest Subscription

Season 6, Week 15  
Saturday, September 4, 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
- Garlic – *Music*
- Sweet Potato Greens
- 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.
- **Sweet Potato Greens, 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?

- Sweet Potato Greens? Come on! Actually, these are a very nutritious and delicious part of the sweet potato plant (the tubers will be ready in about 3 weeks!) The edible leaves and stem tips of sweet potato vines are well known in many parts of the world. According to Texas Cooperative Extension, sweet potato foliage has a rich protein content that helps supplement the nutritional value of the roots and is often considered a "poor man's food." Some research has shown that yam leaves are more nutritious than spinach, celery, carrots and cucumbers when it comes to vitamin B, iron, zinc, protein, antioxidants, and calcium. They supposedly enhance immune function, boost metabolism, lower blood sugar, improve eyesight, and act as an anti-inflammatory. Give them a try with the recipe on the reverse – they may become one of your new favorite greens! And what a nutritional powerhouse!

- **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

### STIR-FRIED SWEET POTATO LEAVES

Source: The Woks of Life at <https://thewoksoflife.com/2018/01/yam-leaves/>

**Prep time** 30 mins **Cook time** 5 mins **Total time** 35 mins **Serves:** 4-6

*Source Note: Sweet potato leaves are an under-rated vegetable that you can find at more and more Asian grocery stores these days. Here's how to prepare them.*

#### Ingredients

- 1 pound sweet potato leaves (Note: you have about 2/3 lb of just the leaves and stem, not the vine so you have enough for the full recipe)
- 3 tablespoons vegetable oil
- 3 cloves garlic, smashed and chopped
- 2 slices ginger, julienned
- 1 teaspoon sesame oil
- 1 teaspoon Shaoxing wine (optional)
- ¼ teaspoon ground white pepper
- 2 tablespoons water
- Salt, to taste
- A pinch of sugar

#### Instructions

1. Pinch off each leaf, including the stem, from the main stalk and any other tender parts of the vegetables. Wash and rinse thoroughly a couple of times and set aside to drain off any excess water before cooking.
2. Heat the oil in a wok over medium heat. Add the garlic and ginger and cook for about a minute. Now turn the heat to high and add in the sweet potato leaves.
3. Stir and add in the sesame oil, Shaoxing wine (optional), ground white pepper, water, salt (to taste) and a pinch of sugar. Stir to cook for a couple of minutes until all the leaves are wilted. Serve immediately.

## 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.

## OVEN ROASTED FINGERLING POTATOES

Source: <http://chefinyou.com/2009/11/23/roasted-fingerling-potatoes-recipe/>

*NOTE: The spice combination in this recipe sounds really good!*

Cook time: Under 30 min; Prep time: Under 30 min

Serves: 2 people

### Ingredients

- About 15 fingerling potatoes
- 1 tbsp Olive oil (More or less depending upon the size of potatoes)
- 1/4 - 1/2 tsp Garam Masala
- 1/2 tsp -1 tsp red chili powder, as per taste
- pinch of turmeric powder
- about 30 fresh sage leaves
- salt to taste

### Method

1. Preheat Oven to 425F. Line a baking sheet with foil or parchment paper. Grease the foil lightly with PAM spray or oil. Cut the potatoes half lengthwise. Place them in a bowl and add the seasoning to it. You need just enough oil to coat the potatoes with the spices. For the size I had, I found almost 1 tbsp of oil enough though the original recipe called for 2 tbsp of oil.
2. Now press a sage leaf against the cut side of the potatoes. The oil will help it to stick to its surface.
3. Arrange the potatoes on the baking sheet, cut side down.
4. Bake them for 15-20 minutes or until tender. Serve warm or at room temperature.

## ***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.

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](#)