



PlumFresh Harvest Subscription

Season 6, Week 14
Wednesday, September 8, 2021

We hope you had a great Labor Day weekend and were out enjoying the beautiful weather that we've been having! This week we've been getting ready for some fall planting, prepping fields for greens and strawberries. We've also been getting ready for our **Fall Plant Sale on Sunday, September 12 from 1-5**. A list of what is available can be found at our website: [Fall Plant Sale 09/12 – Plum Granny Farm](#). Pre-ordering is available for *PlumFresh* members [here](#).

Another thing we are getting ready for is a Crop Mob next Monday to get the blackberries in shape for winter. If you would like to help us prune the plants and get them trellised, we'll be gathering on Monday, September 14 from 8:30-1. It's not hard work but it does require some bending – and we'll treat you to lunch! If you would like to give us a hand (and show those delicious blackberries some love), just shoot us an email at farm@plumgrannyfarm.com.

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

- Potatoes – *Plum Gold*
- Green Chile – *Joe E. Parker*
- Eggplant – *Ping Tung Long, Little Finger, Rosa Bianca and Listada di Gandia*
- Sweet Potato Greens
- Basil – *Genovese*
- Farmers Choice – Tomatoes OR Muscadine Grapes
- 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, green chile, and muscadines** should be stored in plastic bags in the refrigerator.
- Refrigerate **eggplants** in a perforated plastic bag in the refrigerator vegetable crisper. They do not keep well and should be used within a few days.
- **Potatoes** should be stored in a PAPER BAG in a cool, dark place. Don't store in the refrigerator or in a plastic bag.
- **Tomatoes** belong on the counter.
- **Basil** should be stored in a jar on the counter. Don't refrigerate!

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!
- Here’s an eggplant tip from our friends at Bounty from the Box: Thoroughly wash the outside of eggplants before slicing, then trim off the stem end. The skins are edible, but they may be tough on older or white eggplants. You may peel the skins before cutting, or, if you are baking the eggplant, scoop the flesh out of the shell after cooking. Some people think that salting and rinsing eggplant slices before cooking removes bitterness and makes them more tender. The effectiveness of this method is debatable, and it generally applies only to larger, older fruits.
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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.

Let's celebrate eggplant, shall we? Two options for the great summer dish, Ratatouille. Enjoy it while watching the Disney movie of the same name! 😊

PEAK-OF-SUMMER ROASTED RATATOUILLE

Serves: 3

Source: Linda Ly in The CSA Cookbook via <http://honestcooking.com/cooking-the-csa-way/>

Ingredients

- 3/4 pounds tomatoes, cut into 1-inch chunks
 - 1/2 pound crookneck squash, cut into 1/2 -inch slices
 - 1/2 pound eggplant, cut into 1/2 -inch slices
 - 1 bell peppers, cut into 1-inch pieces
 - 1/2 yellow onion, cut lengthwise into eighths
 - 5 garlic cloves, smashed with the flat side of a knife
 - 2 T olive oil
 - 3/4 teaspoons kosher salt
 - 1/8 teaspoon ground black pepper
 - 1 rosemary sprig
 - Thinly sliced fresh basil
1. Preheat the oven to 400°F. If your oven cannot fit two large baking sheets side by side, place one rack in the top third of the oven and one rack in the bottom third of the oven.
 2. As you prepare all the vegetables, cut the tomatoes first and let them drain in a colander while you break down the remaining ingredients.
 3. In a large bowl, gently toss all the vegetables with the garlic, oil, salt, and pepper until evenly coated.
 4. Strip the leaves off the rosemary sprig and scatter them on top.
 5. Spread the vegetables across two large rimmed baking sheets in a single layer, with the tomatoes cut sides up. You want the vegetables packed in tightly, but not piled on top of each other.
 6. Roast until most of the vegetables are soft, shriveled, and slightly browned, about 45 minutes. If your baking sheets are on two separate racks, swap their positions halfway through the roasting time for even cooking.
 7. Transfer the vegetables and all their juices to a serving bowl and toss with the basil. Serve warm or chilled.

RATATOUILLE

Source: <http://www.epicurious.com/recipes/member/views/RATATOUILLE-FROM-MOOSEWOOD-COOKBOOK-50049551> Original

Source: Moosewood Cookbook

- 3 Tb olive oil
 - 4 med cloves garlic, minced
 - 2 cups chopped onion
 - 1 bay leaf
 - 2 medium eggplant, peeled and cubed
 - 1 1/2 tsp salt
 - 1 1/2 tsp basil
 - 1 tsp marjoram or oregano
 - 1/2 tsp rosemary
 - 1/2 tsp thyme
 - 2 medium red peppers, seeded and cut into 1-inch chunks
 - 2 medium tomatoes or 1 14-oz can diced tomatoes (with juice)
 - 2 medium zucchini, cubed (optional)
 - black pepper
 - fresh minced parsley
 - sliced olives (optional)
 - fresh parmesan cheese, grated (optional)
1. Heat olive oil in a deep pan. Add garlic, onion and bay leaf and sauté over medium heat for about 5 minutes.
 2. Add eggplant, salt and herbs and stir. Cover and cook over medium heat, stirring occasionally, for 15-20 minutes until eggplant is soft.
 3. Add zucchini, peppers, black pepper, and tomatoes. Cover and simmer for about 10 more minutes, or until zucchini and bell peppers are tender.
 4. Top with grated parmesan cheese and/or other goodies to serve.

ANOTHER WAY TO LOVE EGGPLANT Source: From Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Here's a salty, savory, simple dish: Heat a preferred oil in a saucepan until hot (peanut or vegetable are good choices). Add eggplant that has been cut into 1-inch chunks, and brown them on each side. Then add garlic, shallots, and tamari or soy sauce. Top with chopped green onions and serve hot or cold.

LENTIL AND ORZO STEW WITH ROASTED EGGPLANT

Source: Yewande Komolafe in NYT Cooking (<https://cooking.nytimes.com/recipes/1019860-lentil-and-orzo-stew-with-roasted-eggplant>)

• **YIELD:** 4 servings

TIME: 45 minutes to 1 hour

Cheryl note: I am so glad that eggplant is starting to kick into gear because I have been wanting to make this recipe since last Fall. It is SO Good! This recipe has become my absolute favorite! I think I could eat this every day! And leftovers are wonderful too -- just add more eggplant. Coriander is the perfect spice – not something I would have considered. And the lemon juice and zest really are essential and makes the flavors pop.

Source note: For rich, golden cubes of roasted eggplant, a high-temperature oven is crucial. Here, lentils and pasta make for a hearty stew, and the coriander seeds introduce a robust, clean flavor. Use a mortar and pestle, a spice grinder or the base of a wine bottle to crush the seeds, opening them up before they're tossed with the eggplant. Serve this stew warm or hot, topped with an aged, salty cheese like ricotta salata or feta, and a soft-poached egg if you like. The lemon zest and juice are essential and enhance the finish.

- 1 ½ pounds eggplant (2 small or 1 large, skin on, or peeled, if desired), chopped into 1-inch pieces
 - ¼ cup plus 2 tablespoons olive oil
 - 1 tablespoon coriander seeds, crushed
 - Kosher salt and black pepper
 - 1 medium carrot, finely chopped
 - 1 medium yellow onion, finely chopped
 - 2 celery stalks, finely chopped
 - 3 garlic cloves, finely chopped
 - 1 tablespoon tomato paste (Note: I used more)
 - 1 cup dried lentils (green, black or brown)
 - 5 cups chicken or vegetable stock, or water
 - ½ cup orzo or other small pasta, such as ditalini, stelline or macaroni
 - Zest and juice from 1 lemon, plus 4 lemon wedges for garnish
 - ¼ cup shaved ricotta salata or crumbled feta
1. Heat the oven to 425 degrees. In a large bowl, toss the eggplant with 1/4 cup olive oil and crushed coriander seeds until coated; season with salt and pepper. Arrange in an even layer on a large rimmed baking sheet and roast until eggplant is tender and golden brown, 25 to 30 minutes, giving the baking sheet a shake halfway through roasting to toss the eggplant pieces for even cooking.
 2. In a large skillet, heat the remaining 2 tablespoons oil over medium. Add the carrot, onion and celery. Season with salt and pepper. Cook, stirring frequently, until vegetables are softened, about 3 minutes.
 3. Stir in the garlic and tomato paste and cook, stirring occasionally, until tomato paste begins to darken on the bottom of the pan, about 5 minutes.
 4. Stir in the lentils until coated. Pour in stock or water and bring to a boil over high heat. Lower to medium and simmer until lentils are tender, 20 to 30 minutes, depending on the type and age of lentils you use.
 5. Stir in the orzo and cook until softened, 8 to 10 minutes. Remove from heat and stir in the lemon zest and juice.
 6. Season to taste with salt and pepper. Top with the roasted eggplant pieces and large shavings of ricotta salata, and serve with lemon wedges for squeezing.