



PlumFresh Harvest Subscription

Season 6, Week 20
Saturday, October 16, 2021

Robert Frost said that good fences make good neighbors – I wonder if that applies to deer as well? We are still working on getting up our 2 new fences to try to deter deer from the crops. Yes, they are cute but oh, they are so destructive! We have spent several thousands of dollars in labor and materials to keep them away from our crops so that YOU can have them instead of the deer. Sure takes a bite out of the ol' budget! Aaargh!

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

- Potatoes – *Plum Gold*
- Lunchbox Peppers
- Micros-Shoots Mix – *Pea Shoots, Sunflower Shoots and Confetti Mix Microgreens (several radish varieties)*
- Farmers Choice – Tomatoes – *Mixed Slicers*
- Apples from Levering Orchard (Staymen-Winesap and/or York)
- Blue Oyster Mushrooms from Haw River Mushrooms

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.**
- Keep **potatoes** in a cool, dark, place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.
- **Lunchbox Peppers** should be stored in a plastic bag in the refrigerator.
- **Please wash the Micros- Shoots Mix** and spin them dryer in a salad spinner before eating. Refrigerate in a plastic bag.
- **Mushrooms** should be kept in their paper bag and will last up to a week in the fridge with proper humidity.
- **Store apples** in the refrigerator in a plastic or paper bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Tomatoes** belong on the counter, stem end down.

Things to know + How do I use this stuff?

- ***We have a new mushroom vendor:*** Haw River Mushrooms! They are a family-owned mushroom farm based in Saxapahaw. They grow a wide variety of mushrooms including lions mane, oyster, shitake, and more. They also produce value-added products such as dried mushrooms, mushroom jerky and more. Our previous mushroom provider, Borrowed Land Farm, has shifted their business to growing fruiting blocks for other producers and hobbyists.
- Oyster mushrooms cover a rather large family of fungi with many variations in color and form. However, they all grow quite densely in tightly packed clumps, with slightly flattened caps that somewhat resemble their namesake mollusk. Oysters are easily farmed, growing fast and prolifically,

so they are popular for cultivation. They tend to be on the bland side but are very tender when cooked, so they make a great foil for stronger- flavored seasonings and sauces. (*info from Bounty From the Box*)

- **A reminder on the apples:** these are Low-Spray apples from Levering Orchard in Ararat, Virginia. This 113-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees. A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. These apples were last sprayed about 2 months ago. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprays only 3 times in the season. His apples have a few more spots and cosmetic blemishes than your grocery store varieties but you can feel better about eating less chemicals. The apples are truly delicious! We will have more of these delicious apples for you later in the season.
- About the apple varieties: the **Staymen-Winesaps** ripen in October. Many people believe that this semi-tart apple is king of the hill. Ray and I have always been fans of this incredibly crisp, tart apple! They can be hard to find sometimes! **Yorks** continue to set the standard for fall cooking apples although they have their fans just for eating. Frank Levering tells us that one of his customers who gets them every year tells me that's what he wants them for -- just for eating out of hand. He likes the tartness and the unique flavor.
- We are coming near the end of our Plum Gold potatoes. These are such wonderful spuds and this year's yield and size have surpassed any year that we've grown them. Enjoy what is likely to be the last of these superstar taters!

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



Recipes

Serves 8 to 10

APPLE CRUMBLE

Source: — Paul Anater, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Apple Mixture

- 5 to 6 medium apples, peeled, cored, and sliced
- (about 8 to 10 cups)
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup water

Topping

- 1 cup rolled oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup (1 stick) butter, melted

1. Preheat the oven to 350°F.
2. In a large bowl, prepare the apple mixture by combining the prepared apples, white sugar, flour, cinnamon, and salt. Let it sit for about 5 minutes to allow the apples to sweat and the flavors to combine. Place the apple mixture in a 9-by-13-inch pan, and pour the water over the apple mixture.
3. To make the topping, combine the oats, flour, brown sugar, baking powder, baking soda, and melted butter. Work this mixture together with a fork until it comes to a uniform, crumbly consistency. Sprinkle the topping evenly over the apple mixture.
4. Bake for about 45 minutes. The fruit should be bubbling and the topping browned. Let cool (to allow it to set up) before serving.

I had been struggling trying to find a way to make a frittata. This recipe was the answer! I love the pick and choose format.

HOW TO MAKE A FRITTATA

Source: Emma Christensen (<http://www.thekitchn.com/how-to-make-a-frittata-cooking-lessons-from-the-kitchn-170717>)

Makes about 6 servings

Ingredients (choose 3 to 4)

- 1 medium onion, diced
- 1 medium potato, diced
- 1 medium bell pepper, diced
- 1 to 2 cups swiss chard, chopped
- 1 roasted red pepper, diced
- 1 to 2 cups broccoli florets
- 1 to 2 cups cauliflower florets
- 1 to 2 leeks, diced
- 1 cup mushrooms, diced or thinly sliced
- 1 cup cooked pasta
- 1 cup cooked rice
- 1 to 2 sausages, diced
- 1 cup shredded cooked chicken, pork or beef
- 1 cup tofu, diced
- Any other leftovers you may have in the fridge

For cooking and the seasoning:

- Vegetable oil -- 1 to 3 teaspoons
- 1 to 2 cloves garlic, minced
- spices or herbs, like oregano, basil, rosemary, thyme, smoked paprika, cumin, chili powder
- 1 to 2 teaspoons kosher salt, divided

For the eggs:

- 1/2 to 1 cup shredded cheese (optional)
- 6 to 8 large eggs, enough to cover the ingredients

Equipment

- 10 to 12-inch nonstick frying pan or cast iron skillet (oven-safe)
- Spatula

Instructions

1. **Heat the oven:** Arrange a rack in the middle of the oven and heat to 400°F.
2. **Sauté the ingredients:** If the meat is raw, cook that first in a large nonstick frying pan or cast iron skillet and then remove it from the pan to add back in later. Cook the vegetables with a little oil over medium-high heat, starting with the longer-cooking veggies like onions and potatoes and ending with softer veggies like red peppers, until cooked through. Add any meat or tofu and cook just enough to warm through.
3. **Season the ingredients:** Since the ingredients will be mixed with eggs, you want to over-season them a bit here. Add whatever seasonings you wish to use along with 1 teaspoon of the salt. Let this cook for a minute, then give it a taste. It should taste strong, but still good. Add more spices or salt if needed.
4. **Add the cheese:** Spread the vegetables into an even layer. Sprinkle the cheese on top and let it just start to melt.
5. **Add the eggs:** Whisk the eggs together and pour them over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set.
6. **Bake the frittata:** Put the pan in the oven and bake until the eggs are set, 8 to 10 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven.
7. **Cool and serve:** Cool in the pan for 5 minutes, then slice into wedges and serve. Leftovers will keep refrigerated for a week.

Recipe Notes

- **For a browned, crispy top:** Set the frittata under the broiler for a minute or two at the end of cooking.

Mushroom Tips from Haw River Mushrooms

General Cooking Tips

Are you intimidated by the thought of cooking mushrooms? You aren't the only one! Kick the anxiety to the corner with some simple tips on releasing the flavor and beneficial components of mushrooms.

Between lots of cooking experiences, garnering tips from our farm-to-table chefs, and digging through a few of our favorite mushroom cookbooks, here's the top three tips we'd suggest to customers hoping to ace their mushroom sauté game:

- **Lower Heat, Longer Cooking Time:** Most mushrooms are about 75% water (don't worry - they're packing plenty of nutrition and flavor in that other 25%). This makes them pretty stinking difficult to burn. That said, to bring out a decadent caramelization that will make its taste and texture shine, you want to stick to a mid-level heat (stoves are so different, on our gas top we aim for level 4). Plan to let 'em sit for at least 10 minutes, but the beauty of the lower heat, longer cooking is that you don't have to worry about burning them, so go ahead and throw your mushrooms on while you do your other dinner prep. Get in touch with your inner Beatle and Let. It. Be. Give 'em a flip about halfway through their cooking time.
- **Don't Salt Until the End:** The key to caramelizing (mmmmm,delicious) rather than steaming (hmmmm, "sus") mushrooms is to keep the water content down. One key to this is to not add salt until the end, just for flavor. Salt will release the mushroom's liquids. (Occasional exception - if you're starting with a dry pan (no oil/butter), some chefs will add a little salt rather than adding broth or fat to get the cooking process started).
- **Don't Crowd the Pan:** In these COVID times we've all gotten used to wanting our space, but mushrooms have been that way since before it was cool. Use a big enough pan so that the mushrooms aren't right on top of each other or cook them in batches. This comes back down to the amount of water in mushrooms and wanting them to have space to let some of that steam off and the caramelization to set in.
- **Bonus Tip:** Look at you, ya overachiever reading all the way to the end! Here's a bonus tip (don't tell the folks who stopped at bullet (1)). When you're done cooking, you can deglaze that carmelized goodness by adding a quarter cup of stock or wine. Sooo good. Season to taste with herbs, salt, pepper, soy sauce or butter. Serve them as a standalone side or mix in with sauteed seasonal greens or veggies for healthy crowd-pleasing side

Crispy Pan Fried Oyster Mushrooms

4 large oyster mushrooms or eight small, broad oyster mushrooms

Olive oil

Salt and pepper

Makes: 4 servings



1. Mushroom selection is key: select mushrooms with broad, flattened caps so they do not split as much. Ask at your local farmer's market for older, flatter oysters.
2. Prepare the mushrooms by removing as much of the stem as possible. Save the stems to add into a gravy, sauce, or stirfry!
3. Add about two tablespoons of olive oil to your pan. Heat the olive oil on medium high.
4. Take the oyster mushrooms and place them cap side down in the hot oil. With a large spatula, very gently press the mushroom flat. It will split a little at the edges and base. Continue pressing it occasionally as it cooks so that the mushroom is as flat as possible.
5. Cook for about three minutes, or until the edges of the mushroom turn brown.
6. Gently flip the mushroom so that the gills are now down in the oil. Press with your spatula again, keeping the mushroom as flat as possible. Cook for 2 minutes.
7. Remove the mushrooms from the oil and let them drain gill-side down on a paper towel.
8. Serve on top of steaks or under pasta for a dramatically beautiful and delicious crunchy bite!



NOTE: You have 1/3 pound of mushrooms. In order to make this recipe, you would need to reduce quantities of the ingredients accordingly.

Pickled Oyster Mushrooms

2lb oyster mushrooms
1 cup rice vinegar
1 1/2 cups white wine vinegar
1 cup water
1 tablespoon salt
1 tablespoon sugar
3 cloves garlic, sliced



1. Clean the oyster mushrooms. Put them in a pot and cover with water. Boil for about 10 minutes or until tender.
2. Drain the mushrooms and reserve the liquid. Let the mushrooms drip over the sink while you prepare the brine.
3. Mix the other ingredients except the mushrooms together in a large pot and bring to a boil. Add in all the mushrooms. If the brine does not fully cover the mushrooms, add in the reserved juice until the mushrooms are fully submerged.
4. Boil for about 5 minutes.
5. The mushrooms may be used right away, kept in the fridge for up to a week in the brine, or canned.
6. To can the mushrooms, place mushrooms in small mason jars. Fill the rest of the space with brine, leaving a 1/4 inch headspace. Process in a hot water bath for 10 minutes. The mushrooms will keep up to a year.

Serving suggestions: put the mushrooms on a salad for a nice pop of flavor. Add them to a charcuterie plate with olives, meats, and cheeses. Snack on them directly from the jar!

