



## *PlumFresh* Harvest Subscription

Season 7, Week 1

Wednesday May 4, 2022

Welcome to the first *PlumFresh* harvest bag of our seventh season! And we are so excited to bring you an amazing bag of deliciousness. This week you are getting some of the true tastes of Spring –strawberries, asparagus, and spring garlic. The strawberries are amazing this year – it seems like they are the sweetest ever – but I think I say that every year (except last year, when we grew a different variety.) It's good to have our favorite variety, Chandler, back in the field. They are the sweetest we've grown and are true workhorses.

Once again, our asparagus crop this year will be very limited. We may have it in the bags one more time but we're not sure. Our planting is struggling, and we are seriously considering abandoning the crop. The spears keep getting smaller and less productive. We love growing asparagus but growing it organically is challenging. One of the main problems with organic methods is weed control. Weeds sap the vigor of the crown and slowly reduce production. Since we don't use herbicides, all weeding is done by hand. Did you know that conventional growers pour gasoline on their fields and burn it in the late winter? For me, I don't want my asparagus with a side of petroleum! We'll stick with hand weeding, thank you!

Those of you with Regular Bags are also getting to experience one of our overwintered crops. The spinach was planted in late fall/early winter. The spinach was just harvested. See if you can taste the delicious sweetness that overwintered produce has. It's amazing!

Just a general note about the produce -- everything that we grow is Certified Organic. Occasionally we will include produce from other farmer friends that we trust. We will always tell you if something is not grown by us – we want to be completely transparent about this!

This week's menu includes:

- Strawberries –*Chandler*
- Asparagus – *Jersey Knight, Jersey Supreme and Purple Passion*
- Lettuce – *Green and Red Butter*
- Spring Garlic (aka Green Garlic)
- Snacking Cucumbers – *Picolino*

### Regular Bags Only:

- Potatoes – *German Butterball*
- Spinach – *Space*
- Turmeric

### 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.**
- Strawberries are very fragile & need to be refrigerated immediately (or eat them!)
- Store asparagus in a jar with about 2 inches of water – cut side down. Keep in the refrigerator.
- Spring garlic stores well in a plastic bag in the crisper. Will last about 2 weeks.

- Keep the lettuce, spinach and cucumbers in plastic bags in the fridge. **Neither the spinach nor the lettuce have been washed so make sure that you do!**
- Store **potatoes** in a paper bag in a cool, dark, well-ventilated area. Don't store in fridge or in a plastic bag.
- Turmeric can be stored in a bowl or basket on the counter. It does not need to be refrigerated.

#### How do I use this stuff?

- One item in this week's bag may be unfamiliar to you – spring garlic. Yes, it's garlic – just baby garlic! This is one of the farm's signature Springtime treats. There are several ideas in the recipe section for enjoying this magical vegetable. Spring garlic (aka Green Garlic) is the first step in our 5-step garlic plan!
- Spinach is very versatile. Add uncooked spinach to a mixed green salad. Blanch spinach until it wilts, 2-4 minutes, or steam for 5-8 minutes. Or sauté greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Serve cooked spinach alone as a side dish or use it in soup or with pasta, beans, rice, or potatoes. Use cooked spinach in enchiladas, quesadillas, crepes, lasagna, and mac and cheese. For breakfast, sauté slivered greens and garlic in the frying pan before adding to eggs for scrambling. Use leftover cooked spinach in omelets, quiches, or soups.

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



## Recipes

### Green Garlic Tabbouleh

by Melissa Clark, New York Times

<http://cooking.nytimes.com/recipes/1018090-green-garlic-tabbouleh>

Time: 30 minutes, Yield: 8
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#### INGREDIENTS

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| <ul style="list-style-type: none"> <li>• ¾ teaspoon fine sea salt, more for the bulgur cooking water</li> <li>• 1 cup medium bulgur</li> <li>• 2 tablespoons lemon juice, more as needed</li> <li>• ¼ teaspoon ground cumin</li> <li>• ¼ teaspoon black pepper</li> <li>• Pinch allspice</li> <li>• ½ cup extra-virgin olive oil, more for serving</li> <li>• 2 ½ cups coarsely chopped Italian parsley leaves</li> </ul> | <ul style="list-style-type: none"> <li>• 1 ¼ cups finely chopped green garlic, tender stems and tops only (save the bulbs for another use)</li> <li>• ½ cup chopped fresh mint</li> <li>• 1 cup diced tomato</li> <li>• 1 cup diced cucumber</li> <li>• 1 bunch thinly sliced scallions (1/2 cup)</li> </ul> |
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1. In a medium pot, bring 2 cups well-salted water to a boil. Add bulgur; cover and reduce heat to low, and cook until tender, 8 to 12 minutes. Drain in a colander and rinse well under cool water. Drain completely and transfer to a large bowl.
  2. In a smaller bowl, whisk together lemon juice, salt, cumin, pepper and allspice; whisk in oil. Pour dressing over bulgur and toss well. Toss in parsley, green garlic, mint, tomato, cucumber and scallions. Taste and adjust seasoning if necessary. Drizzle with more oil just before serving.

## Honey & Strawberry Panzanella Salad

Source: <http://withsaltandwit.com/panzanella-salad/>

*The web is ablaze with recipes pairing strawberries and balsamic vinegar. Give this one a try – it's a fresh twist on a panzanella salad with strawberries, honey goat cheese, basil, croutons and a balsamic drizzle.*

### Ingredients

- 4 cups sliced strawberries
- 4 cups cubed Baguette
- 2 Tbsp olive oil
- 4 oz honey goat cheese, crumbled
- 20 fresh basil leaves
- Balsamic Vinegar Syrup OR 1/2 cup balsamic vinegar

10 min Prep Time, 20 min Cook Time = 30 min Total Time Yields 4
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### Instructions

1. Preheat oven to 375 degrees. On a parchment lined baking sheet, place the cubed bread and drizzle with 2 tablespoons of olive oil. Place in oven and bake until golden brown, about 15 – 20 minutes, depending on the size of your bread cubes. Every 5 minutes or so, shake around the pan to ensure even browning.
2. If choosing to make balsamic drizzle, while croutons are baking, in a small saucepan, bring vinegar to a boil. Reduce to a low simmer and cook for 10-15 minutes or until liquid has reduced by half and is syrupy. Remove from heat, and add to a small bowl and allow to cool.
3. In a large bowl, combine bread, strawberries, goat cheese and basil. Toss gently. Drizzle with balsamic glaze and serve immediately.

**Here's another recipe for strawberries: HEALTHY STRAWBERRY OATMEAL BARS. One of our dear friends and *PlumFresh* members shared this with us. Delicious! Thanks, Maggie!**

[Healthy Strawberry Oatmeal Bars - Well Plated by Erin](#)

## **ROASTED SPRING GARLIC WITH BALSAMIC VINEGAR (*one of our favorite ways to use spring garlic!*)**

Preheat oven to 350. Trim off the garlic roots and about 1" off the top. Place in a shallow baking dish. Toss garlic with olive oil and balsamic vinegar and a bit of salt. Bake at 350 uncovered for about 45 minutes or until caramelized-looking. Enjoy!!! [You can also use this same preparation on the grill]

### **TEN MORE THINGS TO DO WITH SPRING GARLIC**

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| <ul style="list-style-type: none"><li>• Stir fry with veggies &amp; greens</li><li>• Marinade</li><li>• Salad dressing (vinaigrette)</li><li>• Munch raw on slice of romano cheese</li><li>• Dice in cream cheese for bagel schmear</li></ul> | <ul style="list-style-type: none"><li>• Pasta sauce</li><li>• Garlic pesto</li><li>• Guacamole</li><li>• Mince and add to mashed potatoes</li><li>• Repel spring vampires</li></ul> |
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*This week's items practically scream for a FRITTATA! Here is our go-to recipe for this versatile and delicious (and easy!) dish. Try it with spinach, asparagus, spring onions and potatoes – YUM!*

## 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.

### ***Frittata Continued:***

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**

- **Storage:** Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.
- **For a browned, crispy top:** Set the frittata under the broiler for a minute or two at the end of cooking.

## **INDIAN-STYLE RICE WITH CASHEWS, RAISINS AND TURMERIC**

Source: <https://www.allrecipes.com/recipe/105691/indian-style-rice-with-cashews-raisins-and-turmeric/>

Prep Time: 5 minutes	Ready in 27 minutes
Servings = 6	

*You can integrate turmeric into your diet in a number of ways. Add the chopped or grated spice into sauces or, alternatively, sprinkle it over meat, fish or vegetables during the preparation. Here is one of Cheryl's absolute favorite recipes. One of our customers said that her son wanted it for breakfast, lunch and dinner!*

### **Ingredients**

- 1 tablespoon vegetable oil
- 1 1/2 cups basmati rice
- 1 (14 ounce) can coconut milk
- 1 1/4 (14 ounce) cans chicken stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 pinch crushed red pepper flakes
- 1 teaspoon salt
- ½ teaspoon (or more) minced fresh turmeric (or 1/4 teaspoon ground turmeric) Note: Fresh turmeric is much better!
- 1 bay leaf
- 1/2 cup raisins

Heat oil in a large pot over medium-high heat. Stir in rice and cook for 2 minutes. Pour in the coconut milk, chicken stock, cumin, coriander, red pepper flakes, salt, turmeric, bay leaf, raisins, and cashew halves. Bring to a boil, then cover, and reduce heat to low. Cook until rice is tender, about 20 minutes.