



PlumFresh Harvest Subscription

Season 7, Week 2
Wednesday, May 11, 2022

Did you enjoy your first bag of the season? We hope so! You've got a couple of repeats this week (we didn't think you would mind strawberries and asparagus!) but a couple of new items as well. We would LOVE to hear how you are using the produce – recipes and suggestions are always welcome! As we mentioned last week, asparagus will be coming to an end soon. In fact, this week is the last time it is on the menu – we may have some for add-on but won't have enough for everyone. Insert sad face here. 😞

Two items this week might seem more like fall than spring – but they are great any time of year! Sweet potatoes and collards are two very versatile veggies – much more so than many people believe. Sweet potatoes can be used for savory dishes and collards don't have to be cooked for 5 hours with bacon grease. Check out a couple of recipes below for some different approaches. PLEASE try the collard recipe!

A note about the onions in the Regular bag. The bunching onions are much larger than typical scallions. They were overwintered and have gotten pretty big. They are more spicy than usual, but they can be sauteed and used like other onions. We hope you like them!

This week's menu includes:

- Strawberries – *Chandler*
- Asparagus – *Jersey Knight, Jersey Supreme and Purple Passion*
- Lettuce – *Green and Red Butter/Boston*
- Sweet Potatoes – *Garnet*
- Collards – *Cash Crop*
- Radish (*Sora*) and Salad Turnip (*Hakurei*) Mix
- Bunching Onions -- *Nabechan*

Regular Bags Only:

- Snacking Cucumbers – *Picolino*
- Baby Ginger (Frozen)

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.
- Keep the **lettuce, collards, cucumbers, and bunching onions** in plastic bags in the fridge. Neither the collards nor the lettuce have been washed so make sure that you do!
- **Radishes** and **Salad turnips** should have their leaves removed. Please note that the flea beetles and other critters found the leaves this week and made a feast for themselves. Sorry! Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week.
- Store **sweet potatoes** in a paper bag in a cool, dark, well-ventilated area. Don't store in fridge or in a plastic bag.

- Keep the **Baby Ginger** frozen! If it thaws, get it back into the freezer immediately. The rhizomes care best grated or minced when frozen.

How do I use this stuff?

- Let's talk collards. The collards in your bag are young, tender – almost baby leaves -- and are delicious. The recipe below is a farm favorite. The peanut sauce really brings out the best in this under-rated veggie. Give it a try!
- Roasting is my go-to method for many veggies. Roasting radishes and salad turnips brings out a milder, sweeter taste to these roots. Try mixing them with other veggies such as potatoes, sweet potatoes and spring garlic or onions. Yum!

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



Recipes

ROASTED HAKUREI TURNIPS AND RADISHES

Total time ~25 minutes

From Shared Legacy Farm which adapted it from Just a Little Bit of Bacon (www.justalittlebitofbacon.com)

- 1 bunch radishes
- 1 bunch Hakurei turnips, or other mild salad turnips
- 3 Tbs 1 tsp kosher salt

Directions:

1. Move the rack in the oven to the lower middle position.
2. Place the roasting pan in the oven. Preheat oven to 425F.
3. Slice the greens off the turnips and radishes. Scrub the turnips and radishes well to remove all the dirt and grit from the vegetables and rinse the greens repeatedly until they are grit free. If you left a little bit of the stem on the radishes and turnips, make sure you clean around it well since dirt collects there. I find scraping around the stem as I wash cleans it up nicely.
4. Cut the turnips and radishes into wedges. Halve the small ones, and quarter or sixth the larger ones.
5. In a large bowl, toss the vegetables with 2 tbsp of olive oil and 1/2 tsp of salt.
6. Pour the vegetables into the roasting pan, arranging them so most have a flat side down in the pan.
7. Roast for 15 minutes, stirring and turning the vegetables at 7 minutes.
8. Dry the washed greens to remove most of the water.
9. Roughly chop the greens into bite-sized pieces, then toss them in the large bowl with the rest of the olive oil and the salt.
10. Pull the roasting pan out of the oven, turn and stir the vegetables again and then make a space for the greens. Spread out the greens in the space and return the pan to the oven.
11. Roast for 5 minutes more

STEAMED COLLARDS WITH LIME-PEANUT SAUCE

Source: Linda Watson in the blog, *Cook for Good* (<http://cookforgood.com/recipe/steamed-collards-with-lime-peanut-sauce.html>)

20 min Total Time
Yields 4 servings

This sauce is SO good and works with lots of different veggies, but it is simply amazing with collards. Make extra sauce for other dishes- slaw, salad dressing.

- 2 cloves garlic
- 3/4 lb. fresh collards [NOTE: What you have]
- 1 teaspoon grated fresh ginger (or 1/2 teaspoons dried ginger in a pinch)
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1/8 teaspoon chipotle powder

1. Mince garlic and put into a small bowl. Rinse collards well.
2. Set up a steamer: Put about an inch of water in a large pot, add a steamer basket, and cover the pot. Heat steamer over high heat until water starts to boil, then turn temperature down to low so water barely boils.
3. Cut or tear collard leaves away from the center stems. Cut off the bottom of each stem, then cut stems into quarter-inch lengths. Add stems to steamer basket and cook for about four minutes.
4. Cut collard leaves into ribbons about two inches by one-quarter inch. Add collard leaves to steamer and cook until tender, about five minutes.
5. Add remaining ingredients to bowl with garlic and stir to mix. When collards are tender, transfer them to a serving bowl, top with lime-peanut sauce, and stir to mix.
6. Serve hot or at room temperature. Refrigerate any extra and reheat briefly before serving.

Recipe tips and notes

- Because you stir in the sauce after steaming the collards, you have a chance to adjust the heat level to suit everyone. Delay adding the chipotle and stir the mild but still flavorful sauce into some of the greens for heat-adverse diners, then stir chipotle into the remaining sauce. You can also serve plain steamed collards and pass the sauce separately.

MORE COLLARD IDEAS

- Boiled or pan-steamed greens are tasty seasoned with onion, garlic, and plenty of chopped fresh herbs such as mint, dill, and basil.
- Sauté collards with tofu, garlic, and red pepper flakes for a quick, nutritious, vegetarian meal.
- Serve collards with beans—especially black-eyed peas. An avant-garde approach to spring rolls and sushi: cooked collard greens with black-eyed peas and brown rice.
- Add chopped collards to soups and stews.
- These greens go especially well with ham, bacon, and pork fatback. Sauté chopped greens with a little bacon fat or a hunk of salt pork, sugar, and pepper. Splash liberally with hot pepper vinegar just before serving.
- The liquid left after slow-cooking collards with pork is extremely nutritious and delicious—it's the famed "pot liquor." Drink this broth on its own as a savory soup, or use it as you would vegetable stock.
- Try a vegetarian stew of collard greens, cabbage, sweet bell peppers, garlic, onions, mushrooms, tomatoes, and hot red peppers, seasoned with molasses, vinegar, and seasoned salt.
- Collards work well in most recipes calling for kale.

PEANUT TOFU SOUP (a variation of African Peanut Soup)

Serves 4 as main course or 6 as starter.

From the Authors of the Recipe: This dish is easy to make (it's a one pot meal) and can serve as a hearty main dish or a starter to an Asian-inspired meal. The tofu and brown rice add texture to the silky soup while the peanut butter adds flavor and creaminess. Even if you, or those you are cooking for, don't like tofu, add it for the texture and protein (you can also puree it with the rest of the soup to hide it). Next time you are in the mood for something warm and easy, give this soup a try and see why it is one of our favorites.

Source: <http://www.itsnotabouttherecipeblog.com/2012/02/peanut-tofu-soup.html> Adapted from Deborah Madison

- 2 tbs vegetable oil
- 2 onions, diced
- 2 tsp. chopped fresh ginger [NOTE: last week's baby ginger would be great!]
- 2 sweet potatoes, cut into 1 inch cubes
- 3 large garlic cloves, minced
- Salt and pepper
- 1/4 tsp cayenne or red pepper flakes
- 1 can crushed tomatoes
- 5 cups vegetable stock or water
- 3/4 cup peanut butter
- 1/2 lb tofu, diced into 1/4 inch cubes
- 2 cups cooked brown rice
- 1 cup scallions, sliced

Heat oil over high heat in a large heavy pot. Add onions, ginger, and sweet potato and sauté about 8 minutes until the onion starts to brown. Add garlic after five minutes. Add 1 tsp of salt, some ground pepper, and the cayenne pepper. Cook for two more minutes. Add the tomatoes and use the juice to scrape the brown bits off the bottom of the pan. Add the vegetable stock or water, bring to a boil, cover, lower the heat, and simmer for 25 minutes.

Add the peanut butter and stir until dissolved. Puree the soup until smooth using an immersion blender or in batches in a blender. Add the tofu and cook until tofu is heated through. Serve with brown rice on the side or in the bottom of the bowl. Top with scallions.

SWEET POTATO HUMMUS

(from Sow True Seeds Recipes from the Harvest, April 14, 2015)

- 1-2 sweet potatoes, baked & peeled
- 1 cup can garbanzo beans, drained
- ¼ cup tahini
- 2 tablespoons extra virgin olive oil
- 1 garlic clove – I used a roasted garlic clove
- ½ lemon, juiced
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon cinnamon
- dash nutmeg
- salt & pepper

SOME VARIATIONS:

- Add some cooked red lentils instead of garbanzo beans
 - A tablespoon of maple syrup
 - Some chili pepper for spice!
1. Start by baking the sweet potato in the oven at 400° for 40-60 minutes, or until soft. Cooking time will depend on the size of your potatoes. Cool. Peel.
 2. Combine all the ingredients in a food processor until smooth. Taste, and adjust the seasoning if necessary. Top with a drizzle of olive oil and a sprinkle of cumin. Enjoy with raw veggies or baked pita chips.
 3. Makes approximately 2 cups.

Asparagus, Goat Cheese and Tarragon Tart

By Melissa Clark

YIELD 6 to 8 servings

TIME 1 hour

Because you don't have to make your own crust, this gorgeous asparagus-striped tart is so easy it almost feels like cheating. But it's not. It's just simple yet stunning, effortlessly chic and company-ready. As there are so few ingredients in this recipe that each one makes an impact, be sure to buy a good all-butter brand of puff pastry. If you can manage to serve this tart warm, within an hour of baking, it will be at its absolute best, with crisp pastry that shatters into buttery bits when you bite down and still-runny cheese. But it's also excellent a few hours later, should you want to get all your baking done before your guests arrive. If tarragon isn't your favorite herb, you can use chives, basil or mint instead. And if you can manage to trim all the asparagus to the same length, this tart will be especially neat and orderly looking.

INGREDIENTS

1 cup soft goat cheese, at room temperature (4 ounces)

1 large egg, lightly beaten, at room temperature

1 large garlic clove, finely grated or minced

1 ½ tablespoons chopped fresh tarragon leaves, plus more for serving

½ tablespoon finely grated lemon zest

½ teaspoon fine sea salt, plus more for sprinkling

Pinch of freshly grated nutmeg

1 cup crème fraîche, at room temperature (8 ounces)

All-purpose flour, for dusting the work surface

1 sheet or square all-butter puff pastry, thawed if frozen (about 9 to 14 ounces; brands vary)

8 ounces thin asparagus,

PREPARATION

Step 1

Heat oven to 425 degrees. In a medium bowl, use a fork or a wooden spoon to mash together the goat cheese, egg, garlic, tarragon, lemon zest, salt and nutmeg until smooth. Switch to a whisk and beat in the crème fraîche until smooth.

Step 2

On a lightly floured surface, roll out puff pastry into a 13-by-11-inch rectangle about 1/8-inch thick. Transfer the dough to a parchment-lined cookie sheet. With a sharp knife, lightly score a 1/2-inch border around the edges of the puff pastry.

Step 3

Spread the crème fraîche mixture evenly inside the scored border. Line up the asparagus spears on top, and brush them with olive oil. Sprinkle some salt and the grated Parmesan over the asparagus.

Step 4

Bake until the pastry is puffed and golden, 25 to 30 minutes. Let it cool on the cookie sheet for at least 15 minutes or up to 4 hours before serving. Then sprinkle black pepper, red-pepper flakes (if using), the shaved Parmesan and tarragon leaves. Drizzle a little oil on top.

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8 ounces thin asparagus,

oil on top.

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Goat Cheese and Tarragon Tart Recipe - NYT Cooking

<https://cooking.nytimes.com/recipes/1020920-asparagus-goat-cheese-and>

woody ends trimmed

Extra-virgin olive oil

2 tablespoons grated Parmesan

Freshly ground black pepper

Red-pepper flakes (optional)

1 ½ ounces Parmesan, shaved
with a vegetable peeler (about
1/2 cup)

Tip

You can assemble the tart 1 day in advance; but reserve the sprinkling of salt and grated Parmesan until right before baking. Loosely cover the tart and store it in the refrigerator until it's time to bake.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

Adapted from "Dinner in French: My Recipes by Way of France" (Clarkson Potter, 2020)



GRILLED ASPARAGUS AND SHALLOT FLOWER SANDWICHES

NOTE: You could use Spring Garlic in place of the shallot flowers.

Grill the asparagus spears and shallot flowers together for a few minutes. Meanwhile slice the other ingredients (tomato and cheese). Toast the bread and cheese on the grill and put it all together with a drizzle of balsamic and some salt and pepper. No fuss, no messy kitchen, no recipe. Anyone can accomplish this for an easy and surprisingly luxurious spring meal.

STRAWBERRY MUFFINS

I want to try this recipe – but never seem to make the time. I keep eating the strawberries FRESH BEFORE THEY END UP IN SOMETHING! But this recipe sounds good and pretty simple!

[Strawberry Muffins Recipe - Love and Lemons](#)