



## *PlumFresh* Harvest Subscription

Season 7, Week 3  
Saturday, May 14, 2022

We've got more delights from the spring fields for you this week – some of them are almost teasers, hinting at the deliciousness to come! Carrots, Tokyo Bekana, Pea Shoots and Sugar Snap Peas are some new items in the spring rotation. Don't worry about those sugar snap peas – we've got LOTS more on the way. There's a zillion feet of sugar snaps and snow peas planted, so we are hoping for a very abundant harvest!

Two items on the planned menu that didn't come through as we planned were strawberries and garlic scapes. The cooler weather and rain slowed down the strawberries. We were able to get some picked Thursday night and yesterday morning, but the yield just wasn't there. You have a smidge less than a pint in this week's bag. And the garlic scapes are taking a bit longer than usual to pop up. They usually are in full production by now, but they just haven't developed enough. They should be ready in a week or so. We will be crediting your account for the missing items – we're sorry that we weren't able to provide a full bag this week!

This week's menu includes:

- Strawberries – *Chandler*
- Tokyo Bekana
- Carrots -- *Yaya*
- Pea Shoots

### Regular Bags Only:

- Snap Peas -- *Cascadia*
- Baby Ginger (Frozen)
- Member's Choice:
  - Asparagus, Bunching Onions, Collards, German Butterball Potatoes, Lettuce, Kale (Curley and Lacinato), Radish, Seminole Squash, Snacking Cucumbers, Spinach, Spring Garlic, Sweet Potatoes

### 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 the **Baby Ginger** frozen! If it thaws, get it back into the freezer immediately. The rhizomes are best grated or minced when frozen.
- **Strawberries** are very fragile & need to be refrigerated immediately (or eat them!)
- To avoid "floppy carrots," remove the green tops as soon as you can, leaving about an inch of stems. If you can only do one thing to prep your veggies for storage, this should be it. Refrigerate these carrots in a plastic bag. You can also store them in a bin of water (like celery) to keep them crisp, changing out the water every few days. Save the tops to use for a pesto or seasoning (store those in a bag in the fridge). Or put them in a plastic Ziplock in your freezer and use them to make DIY vegetable or chicken stock. Check out the pesto recipe below!
- **Tokyo Bekana** should be stored in a plastic bag in the crisper drawer of your fridge.

- The **Pea Shoots** are fine in their plastic bag and will store for 5-7 days. Please wash them and spin them dry before eating.
- 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** 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.

#### How do I use this stuff?

- The frozen ginger is a great item to have in your freezer to add to many dishes. Just keep it frozen. I grate the rhizome on a microplane – much easier than a box grater. When the ginger is frozen, it grates beautifully. If the ginger thaws, it gets very mushy.
- Tokyo bekana is an Asian green that is related to the cabbage and is grown in many warmer climates as a substitute for lettuce. The flavor of the leaf is mild, and the stem is crunchy and juicy which makes it easy to pair with many ingredients. The crunch and mellow flavor does not compete in a recipe so for new cooks it allows flexibility.
- Tokyo bekana can be sliced and sautéed in olive oil until crisp-tender then simply seasoned. Slice the stem thinner and give that portion a head start in the saute pan. It is a delicious side for chicken or fish. Stir-fry with pea shoots from your bag or slice finely to use as you would cabbage in a slaw or the recipe for egg-roll-in-a-bowl. If you love making your own spring rolls or pot stickers, this green shredded is a nice addition. Here are a few recipe ideas:
  - <https://www.wozupi.com/blog/recipe/tokyo-bekana-spring-rolls>
  - <https://abundanceacres.org/2017/06/24/chinese-noodle-salad/>
  - <https://www.chelseasmessyapron.com/egg-roll-in-a-bowl/>

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



## Recipes

### CARROT TOP PESTO

*Here is a recipe from a fellow PlumFresh member. At our 2019 Thank You event, Mitch Arndt brought Carrot Top Pesto – and it was a HIT! Here is his recipe:*

*Source: Mitch Arndt, PlumFresh member*

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|---|--|
| • 2 cups carrot tops, chopped (from about 8 medium carrots)   | • 1/2 cup quality extra virgin olive oil |
| • 1/3 cup pine nuts (I used walnuts because it's way cheaper) | • 1/2 cup shredded parmesan cheese       |
| • 2 garlic cloves   | • 1/8 teaspoon quality sea salt          |
|   | • 1/8 teaspoon black pepper              |

From Mitch: That's about the gist of it, I tweaked it (little less salt, maybe another garlic clove!) here and there but that's the basics. Throw everything into a food processor to blend. Enjoy!

## ROASTED CARROTS & CARROT GREENS CHIMICHURRI

Source: Love and Lemons (<https://www.loveandlemons.com/carrot-green-chimichurri/>)

Makes about 1 cup

- 1 cup finely chopped carrot greens
  - 2 teaspoons dried oregano
  - ¼ teaspoon cumin
  - 1 teaspoon ground sweet paprika
  - ½ teaspoon crushed red pepper flakes
  - 1 garlic clove, minced
  - 1 teaspoon salt
  - a few grinds of pepper
  - ¼ cup white wine vinegar
  - ¼ cup olive oil (a good fruity one)
1. Wash and dry carrot greens well.
  2. Roast carrots in a 450-degree oven for 10-15 minutes (or until tender but not mushy).
  3. Finely chop your carrot greens and mix with all the dried spices and minced garlic. Stir in the vinegar and olive oil. Taste and adjust seasonings. (tip: taste with a carrot or a piece of bread instead of the spoonful)
  4. Serve with roasted carrots (or other veggies), toasted bread, or over grilled fish or meat.

## STIR-FRIED BABY BOK CHOY (AKA PAC CHOI) WITH GARLIC

Source: Lillian Chou, Gourmet, November 2007

NOTE: Try this with the Tokyo Bekana!

### Ingredients

- 1/4 cup reduced-sodium chicken broth
- 1 ½ teaspoons soy sauce
- 1 teaspoon cornstarch
- 1 tablespoons peanut or vegetable oil
- 1/4 cup thinly sliced garlic (use **Spring garlic** or about 8 cloves)
- ½ lb. baby or Shanghai bok choy, halved lengthwise or leaves
- 1 teaspoon Asian sesame oil

### ***TIP: USE THE FROZEN GINGER IN THIS WEEK'S BAG IN THE DISH!***

1. Stir together broth, soy sauce, cornstarch, and 1/8 teaspoon salt until cornstarch has dissolved.
2. Heat wok over high heat until a drop of water evaporates instantly. Pour peanut/vegetable oil down the side of wok, then swirl oil, tilting wok to coat side. Add garlic and stir-fry until pale golden, 5 to 10 seconds. Add half of bok choy and stir-fry until leaves wilt, about 2 minutes, then add remaining bok choy and stir-fry until all leaves are bright green and limp, 2 to 3 minutes total. Stir broth mixture, then pour into wok and stir-fry 15 seconds. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes. Stir in sesame oil, then transfer to a serving dish.