



PlumFresh Harvest Subscription

Season 7, Week 3
Wednesday, May 18, 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 and Sugar Snap Peas are some of the new items in the spring rotation. Don't worry about those snow peas – we've got LOTS more on the way. Same with the Sugar Snap Peas. There's a zillion feet of sugar snaps and snow peas planted, so we are hoping for a very abundant harvest!

In many ways, this spring has been topsy-turvy. It's hard to believe that we have Fresh Garlic BEFORE Garlic Scapes! A lot of it has to do with variety – this garlic is a mixture of some early garlic and Music. Fresh Garlic is Step 3 of our **Five Step Garlic Program**®! Fresh garlic is simply garlic that has just been harvested but has not cured/dried yet. More information on storing and using it can be found below.

Coming attractions include Pac Choi, Purple Sprouting Broccoli, Fennel, Swiss Chard, Garlic Scapes, Napa Cabbage, Summer Squash and LOTS more! Just a heads up, we're not really sure how much longer we will have strawberries. Production has dropped considerably, and some critters (raccoon? rabbit? mouse?) keep taking bites out of the nice ripe berries. We just added a line of hot wire at the bottom of the fence so hopefully that will help discourage their dining. Fingers crossed.....

This week's menu includes:

- Strawberries – *Chandler*
- Tokyo Bekana
- Carrots -- *Yaya*
- Fresh Garlic – *Music and mixed varieties*
- Snap Peas -- *Cascadia*
- Greek Oregano

Regular Bags Only:

- Snow Peas – *Oregon Sugar Pod*
- Member's Choice:
 - Asparagus, Basil, Bunching Onions, Collards, German Butterball Potatoes, Lettuce, Kale (Curly and Lacinato), Radish, Seminole Squash, Snacking Cucumbers, Spinach, Spring Garlic, Sweet Potatoes, Swiss Chard, 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!)
- 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

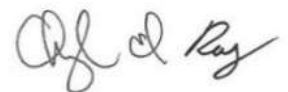
Ziplock in your freezer and use them to make DIY vegetable or chicken stock. Check out the pesto recipe below!

- **Tokyo Bekana** should be stored in a plastic bag in the crisper drawer of your fridge.
- The **garlic** should be stored in the fridge if you want it to remain juicy. If you want it to dry down more, keep on the counter, out of direct sun.
- Treat **fresh oregano** sprigs like a flower: Just snip off the stem ends, place them in a glass of water, and store on the counter at room temperature or in the refrigerator. Another method is to wrap it in damp paper towels and store it in a plastic bag in the refrigerator vegetable crisper, where it will keep for 3 to 4 days.
- 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 and regular 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 garlic was harvested Tuesday. You will find that it is much larger than the earlier spring garlic – cloves have developed but the wrappers around the cloves are still soft. As the bulb cures, the wrappers will turn into the papery “skin” you’re used to seeing on fully cured garlic. Fresh garlic is juicy and has a brighter flavor than cured garlic. Use it as you would “regular” garlic – but you’ll find that the flavor is not as intense and is much brighter than cured garlic. The cloves almost pop out of the wrapper, too! We love this stuff!
- 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 sauté 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

OREGANO TIPS

from Bounty From the Box: The CSA Farm Cookbook, by Mi Ae Lipe

- Add a touch of oregano to egg dishes such as omelets, frittatas, or just plain old scrambled eggs.
- Fresh oregano makes an unexpected taste surprise in pasta salads and potato salads.
- Drape or wrap whole sprigs of oregano and other herbs onto other foods on the grill, such as chicken or potatoes.

GREEK POTATOES

Source: New Recipes from Moosewood

- 6 medium potatoes, cubed (~3 lb)
- ½ c. lemon juice
- ½ c. vegetable oil
- 1 T olive oil
- 2 teaspoon salt
- ½ teaspoon black pepper
- 1 ½ t. dried oregano (or 3-4 t. fresh)
- 2 garlic cloves, minced or pressed
- 3 c. hot water
- Chopped fresh parsley

Toss together potatoes, lemon juice, oils, spices, and garlic in a deep flat baking dish (~8x12). Add water. Bake uncovered for 1 ½ hours at 475. Stir every 20 minutes adding more water if necessary, to prevent sticking. Be very careful not to burn potatoes during last 30 minutes. During final 15-20 minutes, allow water to evaporate until only oil is left. Garnish with fresh parsley and serve.

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

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

SUGAR SNAP PEAS OVER YOGURT-LEMON SAUCE

Source: *Kneehigh Farm (Adapted from Bon Appetit)*

TIME: 20 MINUTES	SERVES: 6
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Source Note: I look forward to Sugar Snap Peas all year. In Pennsylvania, they are only available for a few weeks late Spring, and typically don't ever make it back to my kitchen. I prefer them raw, so this salad is perfect on an evening when you don't want to turn on the stove. This recipe comes together in about 15 minutes, the most time-consuming part being removing the stem and slicing. The creamy, tangy dressing pairs perfectly with the snappy sweetness of fresh peas. A seasonal treat.

INGREDIENTS

Peas

- 1 lb. Sugar Snap Peas, stem & strings removed; Cut in half on a diagonal, or thinly sliced
- 2 tbs. olive oil
- 1/2 tsp. lemon zest
- Salt & fresh ground black pepper, to taste

Yogurt Sauce

- 1 cup Greek yogurt
- 2 tbs. lemon juice
- 1/2 tsp. lemon zest
- 1 tsp. green garlic, minced
- 1 tbs. olive oil
- A little buttermilk or water to thin, if necessary
- Salt & fresh ground black pepper, to taste
- Sumac, for garnish

1. Toss peas with oil, salt, pepper, and lemon zest. Adjust seasoning to taste.
2. Mix yogurt sauce ingredients together. Thin to desired consistency. It should be thickened, but saucy, rather than a dip.
3. Pour sauce into a serving bowl and top with peas. Sprinkle with sumac and a few more grinds of fresh pepper to serve.

SPICY STIR-FRIED NOODLES WITH BOK CHOI (WITH OR WITHOUT BACON)

Serves 3-4

Source: Katherine Deumling: *Cook With What You Have*

Quick, spicy and delicious, these noodles can be changed up with what you have. Any quick cooking green works well but the crunchy bok choy stems are really nice here. You can use fresh ramen noodles or any long, skinny dried noodle.

Variations

- skip the bacon
 - substitute whatever quick-cooking greens you have for the bok choy such as the Tokyo Bekana
 - 12 ounces fresh or dried noodles
 - 1 tablespoon oil (divided)
 - 2 slices bacon (about 2 ounces), diced (optional)
 - 2 teaspoons fresh, minced or grated ginger (micro-plane works well)
 - 2 large cloves garlic, minced (use the fresh garlic – add a bit more)
 - 1 medium carrot, halved or quartered lengthwise and thinly sliced crosswise (**or Snap Peas**)
 - substitute snap, snow or shelling peas, finely chopped kohlrabi or chopped radishes for the carrots
 - reduce the amount of chili flakes for a milder version
 - 1 large head (or 3-4 baby) bok choy, stems and leaves thinly sliced (**or Tatsoi**)
 - 1 1/2 tablespoons soy sauce
 - 1 teaspoon fish sauce (optional)
 - 1 tablespoon toasted sesame oil
 - 1/4 teaspoon red pepper flakes plus 2 more teaspoons oil and another teaspoon soy or fish sauce
 - Chopped cilantro, for serving (optional)
1. Bring a large pot of water to a boil and cook noodles according to package instructions. Drain and rinse with cold water, drain again and put in a bowl and toss with 2 teaspoons oil and set aside.
 2. Combine the soy and fish sauces, toasted sesame oil and red pepper flakes in a small bowl and set aside.
 3. Meanwhile, heat just a little oil in a large, heavy or non-stick skillet over high heat. Add the bacon and cook for a few minutes to begin rendering the fat. Add the ginger and garlic and turn down to medium-high and sauté for just a minute. Add the carrots and cook for 2 minutes stirring regularly to make sure the garlic doesn't burn. Turn the heat back up to high, add the greens. If the pan is at all dry add a little more oil. Stir-fry just long enough for leaves to wilt then add the drained noodles and the soy sauce mixture and combine well. Cook, incorporating everything evenly for 30-60 seconds to heat everything through.
 4. Serve hot, topped with cilantro if you'd like.