



PlumFresh Harvest Subscription

Season 7, Week 4
Saturday, May 21, 2022

Whew! That was a hot one! Today felt more like a July day than one in May. And to cap it off, the thunderstorms rolled in. We got almost 1.5 inches in less than an hour. I hope that you were safe and sound at your home.

As I mentioned in my email on Thursday, we may be at the end of the strawberries. Temperature fluctuations along with critters (raccoon? rabbit? mouse?) are seriously limiting our production. We'll keep you posted as we monitor the situation. Heavy sigh...

But the good news is that this week marks the beginning of the very special Garlic Scape Season! Scapes are Step 2 of our **Five Step Garlic Program**! 😊 Garlic Scapes are the flower shoots that emerge on hardneck garlics like Music or German Red (trust me, you'll learn this as we go through the season!). If you have never had them before, they are a TREAT to be savored! Folks get so excited when they see scapes for the first time at market. More info below...

Coming attractions include Pac Choi, Purple Sprouting Broccoli, Fennel, Swiss Chard, Kohlrabi, Napa Cabbage, Summer Squash, Fennel and LOTS more!

This week's menu includes:

- Carrots -- *Yaya*
- Garlic Scapes -- *Music*
- Snow Peas -- *Oregon Sugar Pod*
- Pac Choi -- *Bopak*
- Basil -- *Genovese and Aroma 2*

- Member's Choice:
Asparagus, Bunching Onions, Collards, Greek Oregano, Lettuce, Kale (Curly and Lacinato), Pea Shoots, Radish, Seminole Squash, Fresh Garlic, Swiss Chard, Tokyo Bekana, Turmeric

Regular Bags Only:

- Snap Peas -- *Cascadia*

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. And yes, you may even find a bug (or slug!) in your veggies! Please wash them!
- Garlic Scapes store well in a plastic bag in the crisper. Will last about 2+ weeks. They can also be chopped and frozen in a ziplock bag or in a vacuum-sealed bag.
- Store **Basil** like a flower in a jar of water. Do not refrigerate! Basil hates cold temps!
- **Pac Choi** should be stored in a plastic bag in the crisper drawer of your fridge.

- **Snow peas and snap peas** should be used as soon as possible within 4-5 days of harvest. Refrigerate in perforated plastic bag in the crisper drawer.
- 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!
- **Fresh 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, 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.

How do I use this stuff?

- This bag looks tailor-made for a stir-fry! Pac choi, scapes, snow peas, carrots – stir-fry nirvana!
- A new item for you could be **Garlic Scapes**. All of it can be used except for the “beak” – the pointed end that looks like it could turn into a flower. It’s edible but just a bit too grassy and tough. The rest is tender and tasty. Think a garlicky green bean or asparagus for texture.... See the recipes below for inspiration!
- Here’s a hint: if you have always cooked your snap peas, try them raw! Mmmmmmm! That’s our favorite way to eat them! And I know this might sound weird but try them with peanut butter. A perfect bite of sweet and salty! Don’t knock it until you’ve tried it – everyone I’ve shared this with as been in love!

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



Recipes

JIM’S SCAPE PESTO – *from one of our scape-loving customers!*

In the bowl of a food processor, add 1 cup scapes then add 1/3 cup toasted walnuts. Process. Then add 1/2 cup extra virgin olive oil slowly. Then add 1/3-1/2 cup GOOD Parmesan cheese. Add salt + white pepper to taste (I normally skip this now!). Serve over pasta or anywhere you would normally use pesto.

WHITE BEAN AND GARLIC SCAPES DIP

Source: *NY Times* June 18, 2008

A Plum Granny Farm Favorite!! Hummus-like dip that can be served with veggies or crackers. Always a hit when we demo it at the Farmers Market!

Time: 15 minutes

Yield: 1 1/2 cups

- 1/3 cup sliced garlic scapes (3 to 4)
 - 1 tablespoon freshly squeezed lemon juice, more to taste
 - 1/2 teaspoon coarse sea salt, more to taste
 - Ground black pepper to taste
 - 1 can (15 ounces) cannellini beans, rinsed and drained
 - 1/4 cup extra virgin olive oil, more for drizzling.
1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.
 2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.
 3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt. Serve with veggies or crackers

Total Time: 20 minutes Serves: 4

SPAGHETTI WITH TOMATOES AND SCAPES

Source: *Wall Street Journal* (<https://www.wsj.com/articles/spaghetti-with-tomatoes-and-scapes-20-minute-recipe-1493820001>)

This easy and tasty whole-wheat pasta dish from Baltimore chef Spike Gjerde comes together in 20 minutes, using basic pantry staples. Garlic scapes, just coming into season, add extra kick.

- Kosher salt
 - 3 tablespoons olive oil
 - 1/3 cup sliced garlic scapes
 - 1 shallot, minced
 - 1 teaspoon dried oregano
 - 3 anchovy fillets
 - 1 cup red wine
 - 1 (28-ounce) can crushed tomatoes
 - 1 bay leaf
 - 3 tablespoons capers, rinsed and roughly chopped
 - 1 pinch of sugar, as needed
 - 1 pound whole-wheat spaghetti
 - Freshly grated Parmesan, for serving (optional)
1. Bring a medium pot of salted water to a rolling boil over high heat. Meanwhile, heat oil in a large sauté pan over medium heat. Once hot, stir in scapes, shallots, oregano and anchovy fillets to pan. Gently fry, stirring and smashing fillets, until scapes soften slightly and anchovies begin to melt, about 2 minutes.
 2. Increase heat to medium-high, add wine and bring to a boil. Boil until wine reduces by half, 2 minutes. Stir in crushed tomatoes, bay leaf and capers. Bring sauce to a simmer, about 2 minutes. Taste, adjust seasoning and add a pinch of sugar if tomatoes lack sweetness. Continue gently simmering until flavors meld, 10 minutes more.
 3. While sauce simmers, add pasta to boiling water and cook until al dente. Drain spaghetti and add it to sauce. Toss to thoroughly combine and adjust seasoning as needed. Top with grated Parmesan, if using.

SUGAR SNAP PEAS OVER YOGURT-LEMON SAUCE

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

TIME: 20 MINUTES SERVES: 6

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.

ALL OF THE ALLIUMS FRIED RICE

Source: Molly Yeh in February 2016, *Food and Wine* (<https://www.foodandwine.com/recipes/all-alliums-fried-rice>)

This recipe comes to us from 2 *PlumFresh* members, Heather and Valerie, who made it with shallot flowers and spring garlic. They loved it! I'm pretty sure you might have some random pieces of alliums hanging around your kitchen that you could pop into this dish, too.

- 1 tablespoon canola oil
- 4 large eggs, beaten
- Kosher salt
- Pepper
- 3 tablespoons unsalted butter
- 4 cups finely chopped alliums, such as onions, shallots, leeks, spring garlic, garlic scapes, shallot flowers and scallions
- 4 garlic cloves, minced
- 2 tablespoons minced fresh ginger
- 4 cups cooked white or brown rice
- 1 tablespoon distilled white vinegar
- 2 tablespoons Sriracha
- 2 tablespoons mayonnaise
- Sliced scallions, for garnish
- Sliced scallions

1. In a large nonstick skillet, heat the oil. Add the eggs and season with salt and pepper. Cook the eggs over moderate heat, stirring, until just set, about 2 minutes. Transfer to a cutting board and coarsely chop.
2. Wipe out the skillet and melt the butter in it. Add the alliums and season with salt. Cook over moderate heat, stirring occasionally, until golden and tender, about 12 minutes. Add the garlic and ginger and cook, stirring, for 2 minutes. Add the rice, vinegar and eggs, season with salt and pepper and cook, stirring, until well mixed. Spread the rice evenly in the skillet and cook without stirring until golden and crispy on the bottom, 4 to 5 minutes.
3. Meanwhile, in a small bowl, stir the Sriracha with the mayonnaise. Top the rice with scallions and serve with the Sriracha mayo.

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.