



PlumFresh Harvest Subscription

Season 7, Week 4
Wednesday, May 25, 2022

Hello from the Soggy Muddy Farm! Everything is pretty waterlogged around here. We've gotten more than 3 inches of rain since Saturday evening. But looking into next week, the forecast is for warmer temps and clearer skies. Perfect weather for making hay (fingers crossed – probably hooves crossed too!)

But the good news is that this week marks the beginning of the very special (and short) 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...

Another delicious treat in your bag this week is goat cheese from our dear friends at Buffalo Creek Farm and Creamery in Germantown. Several of you pick up your bags there each week so they are a special partner in *PlumFresh*. We have known Robin and Johnny Blakley since we began selling with them at Krankies Farmers Market (now known as Cobblestone) in 2010. They were just beginning to get their goat dairy going and were only selling goat's milk soap at market. They obtained their Grade B Goat Dairy license in 2012 and began selling goat's milk cheeses. Several of their cheeses have won awards at the NC State Fair and in other competitions. The **Farmstead Natural Chevre** in your bag is a spreadable fresh white goat cheese with a soft, creamy texture and light grassy notes. It is great on a baguette or with snap peas or other veggies. We love their cheese and hope you enjoy it too!

A great pairing for that chevre is Sugar Snap Peas or Snow Peas. And we have got OODLES of them now! Monday (in the rain) Jonny harvested 117 pounds of snap peas and Ray got 60 pounds of snow peas. Yesterday, Sophie harvested over 60 more pounds of snow peas! It's a tsunami of peas! But, oh they are SO good!

Other coming attractions include Purple Sprouting Broccoli, Fennel, Swiss Chard, Kohlrabi, Napa Cabbage, Summer Squash, Fennel, Tomatoes. Tropea Onions and LOTS more!

This week's menu includes:

- Garlic Scapes – *Music*
- Snap Peas -- *Cascadia*
- Snow Peas – *Oregon Sugar Pod*
- Pac Choi – *Bopak*
- Farmstead Chevre from Buffalo Creek Farm and Creamery

Regular Bags Only:

- Mini Romaine Lettuce – *Little Gem (green), Breen (red), Truchas (red)*
- Member's Choice:
Bunching Onions, Carrots, Collards, Greek Oregano, Kale (Curly and Lacinato), Seminole Squash, Swiss Chard, Tokyo Bekana, 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. 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.
- **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.
- Keep the **lettuce** in plastic bags in the fridge. The lettuce only got a quick dunk in water to remove some of the field dirt, so please make sure that you wash it.
- The **Chevre** was made last Thursday and has been frozen. The approximate shelf life for unopened chevre is 3 weeks stored at 38 – 42 degrees in your refrigerator. Once opened, fresh chevre will last approximately 14 days under proper storage conditions. For longer storage, freeze your goat cheese. As long as the cheese is tightly sealed, its flavor, texture, and moisture content will remain unchanged. Thaw goat cheese slowly. Leave it undisturbed in the refrigerator for a period of 24 to 48 hours. Before serving, let the cheese warm to room temperature to maximize spreadability and flavor.

How do I use this stuff?

- This bag looks tailor-made for a stir-fry! Pac choi, scapes, snow peas, sugar snap peas = 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.

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.

PEA & CHICKPEA PASTA SALAD

Source: Love and Lemons at <https://www.loveandlemons.com/pea-chickpea-pasta-salad/>

Serves: 2 as a meal, 3-4 as a side

Ingredients

for the dressing:

- 2-3 tablespoons olive oil
- juice & zest of one lemon
- ½ to 1 teaspoon dijon mustard (I like [this brand](#))
- pinch of red pepper flakes
- 1 smashed clove of garlic
- salt & pepper

toss together with:

- 1 cup dried pasta, I like [Jovial's brown rice](#) (plus reserve some pasta water)
 - ¼ cup chickpeas, cooked and drained
 - ¼ cup peas
 - ¼ cup chopped or crumbled feta
 - a few handfuls of fresh leafy herbs (parsley, basil, tarragon or mint are all good choices)
1. In a small bowl whisk the dressing ingredients together. (I like to let the smashed garlic sit in the dressing while I prepare the rest of the dish and then I remove it before pouring).
 2. Cook your pasta in salty water until al dente. Toss the warm pasta together with the chickpeas, peas, feta, and most of the dressing. Add a little bit of pasta water if necessary to create a creamy consistency. Toss in the herbs and as much of the remaining dressing as you like. Taste and adjust seasonings.
 3. Let it sit for at least 15-20 mins for best flavor. Serve at room temperature.

Notes

Roasting the chickpeas is a nice addition - cook in a pan over high heat with olive oil, salt & a little garlic. Set aside until ready to incorporate.

CRISPY TOFU WITH CASHEWS AND BLISTERED SNAP PEAS

Source: New York Times <https://cooking.nytimes.com/ourcooks/yewande-komolafe/my-recipes?action=click&module=byline®ion=recipe%20page>

A ginger and coconut milk reduction can coat pretty much anything that browns nicely on its own. Here, it's pieces of pan-seared tofu, but small morsels of chicken and pork will work just as well. The soy and the teaspoons of molasses give the sauce a little caramelization, and a little shine and gloss. For a fresh side, add some blistered snap peas, tossed with sliced scallions, a little mint and a splash of rice vinegar. Snow peas, green beans, broccoli or asparagus? If it's fresh and green, it'll work just fine.

INGREDIENTS

- 1 (14-ounce) block firm or extra-firm tofu, drained
- 3 tablespoons neutral oil, such as grapeseed, vegetable or canola, plus more as needed
- Kosher salt and black pepper
- $\frac{3}{4}$ pound snap peas, trimmed
- 1 (2-inch) piece fresh ginger, peeled and grated (about 2 tablespoons)
- 2 garlic cloves, grated
- 1 (13-ounce) can unsweetened coconut milk (light or full-fat)
- 1 tablespoon soy sauce
- 2 teaspoons molasses, dark brown sugar or honey
- $\frac{1}{2}$ cup toasted cashews
- 1 tablespoon rice vinegar
- 4 scallions, trimmed and thinly sliced
- $\frac{1}{4}$ cup mint leaves, torn if large
- $\frac{1}{2}$ to 1 teaspoon red-pepper flakes (optional)
- Rice or any steamed grain, for serving

Add to Your Grocery List

PREPARATION

Step 1

Slice the tofu in half horizontally, and leave on paper towels to dry any excess liquid.

Step 2

In a medium skillet or cast-iron pan, heat 1 tablespoon oil over medium-high until it shimmers. Season both sides of the tofu with salt and black pepper, place in the pan and sear without moving until tofu is browned and golden on both sides, turning once halfway through, about 8 minutes total. Move the tofu to a plate.

Step 3

Add 1 tablespoon oil to the pan, and add the snap peas. Cook, stirring occasionally, until blistered and just tender, about 3 minutes. Season with salt and move to a bowl.

Step 4

Heat the remaining 1 tablespoon oil, add the ginger and garlic, and cook until fragrant, about 30 seconds. Pour in the coconut milk, soy sauce and molasses. Simmer, stirring frequently until the sauce reduces and its color deepens to a dark brown, about 6 to 8 minutes. It should coat a spoon without running right off. Stir in the cashews, break the tofu into 1-inch pieces and toss in the pan to coat with sauce. Remove from heat, and taste and adjust seasoning, if necessary.

Step 5

Toss the snap peas with the rice vinegar, scallions, mint and red-pepper flakes, if using. Divide among plates, along with the tofu and cashews. Serve with rice or any steamed grain.



HONEYED CHÈVRE ON STONEFRUIT

VERMONT
CREAMERY®



4
servings



10 min
prep time



10 min
total time

A take on traditional berries and cream, honeyed chèvre on stonefruit makes a simple yet tasty treat. This is the recipe to make when it's hot out and you don't feel like cooking or baking but are looking for a little something sweet. And at just four simple ingredients, we bet you already have what you need to make this on hand.

INGREDIENTS

4 ripe stonefruits, such as plums, peaches, or nectarines

4 ounces *Vermont Creamery* Classic Goat Cheese
(</products/fresh-goat-cheese/classic-goat-cheese-log/>)

$\frac{1}{8}$ cup honey

2 tablespoons chopped pistachios



GET INGREDIENTS

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DIRECTIONS

STEP 1

Slice stonefruit in half and remove seed.

STEP 2

Place fresh goat cheese and honey into small bowl; stir to combine.

STEP 3

Spoon sweetened cheese onto fruit halves; top with
chopped pistachios.