



## *PlumFresh* Harvest Subscription

Season 7, Week 5  
Saturday, May 28, 2022

Hello from the Soggy Muddy Farm! Everything is pretty waterlogged around here. We've gotten more than 5 inches of rain since last Saturday evening. And did you get tornado warnings last night? We got 3 between 3:22 and 4:15 a.m. 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!)

We are still deep into Pea Season around here! We've harvested at least 400 pounds of Sugar Snap Peas and Snow Peas this week. 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. It's a tsunami of peas! But, oh they are SO good! We'll have them on the menu for at least another week. Both Snow and Snap peas are great for freezing. Look for the instructions in the recipes below. Also, if you'd like to get more peas than what's in your bag, please reach out and let us know. We've got you covered!

Other coming attractions include Purple Sprouting Broccoli, Fennel, Swiss Chard, Napa Cabbage, Summer Squash, Fennel, Tomatoes. Tropea Onions, Sweet Cherries from Levering Orchard and LOTS more!

This week's menu includes:

- Snap Peas -- *Cascadia*
- Snow Peas – *Oregon Sugar Pod*
- Kohlrabi – *Azur Star (purple) and Korist (white)*
- Greek Oregano
- Oyster Mushrooms from our friends at Heritage Harvest Farms

### Small Bags Only

- Butterhead Lettuce -- *Nancy*

### Regular Bags Only:

- Mini Romaine Lettuce – *Little Gem (green), Breen (red), Truchas (red)*
- Member's Choice:  
Bunching Onions, Carrots, Collards, Garlic Scapes, Greek Oregano, Kale (Curly and Lacinato), Pac Choi, 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!**
- **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.
- Store **kohlrabi** bulb and leaves separately. The bulb will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in plastic bag and keep in hydrator drawer of refrigerator.
- **Mushrooms** should be kept in their paper bag and will last up to a week in the fridge with proper humidity.

- 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.

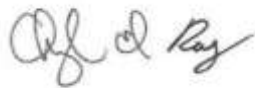
### How do I use this stuff?

Perhaps kohlrabi is new for you – we started growing it a couple of years ago and really enjoy it. Here are a few basics:

- It's a member of the cabbage family
- The whole plant is edible, but usually when we talk about kohlrabi, we mean the bulb of the plant.
- The bulb kind of tastes like broccoli stems with a slight peppery cabbage taste but there's also a sweetness there as well.
- It doesn't have to be peeled, but the peel can be tough, so I usually do.

Kohlrabi can be eaten raw or cooked. When cooking, steam kohlrabi, boil, or bake with other vegetables and spices. Kohlrabi also make great edible bowls for stuffing. You can eat it raw in slaws and salads, as well as roasted and stir-fried. Try raw slices sliced hummus (one of my favs). The Kitchn blog has a great primer on prepping kohlrabi -- <http://www.thekitchn.com/how-to-cut-up-kohlrabi-cooking-lessons-from-the-kitchn-205838>.

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



## Recipes

### KOHL-SLAW

Source: *Asparagus to Zucchini* via Three Rivers Community Farm

- 4-6 medium sized kohlrabi, peeled and grated
- 1 cup finely shredded cabbage
- 1 small onion, or bunch of green onions, diced
- 1 apple, cored and diced
- 1/2 cup grated carrots
- 2 tsp olive oil
- 1/4 cup apple cider

Combine all ingredients in large bowl and toss. Cover and refrigerate a few hours to blend flavors. Toss before serving.

### KOHLRABI HASH BROWNS

Source: *Farmer John's Cookbook* via Three Rivers Community Farm

- 2 kohlrabi (about 1 pound), peeled
- 2 eggs, lightly beaten
- 1 small onion, chopped
- 2 T dried bread crumbs
- 1 tsp salt
- 1/2 tsp dried red pepper flakes
- freshly ground pepper
- 2 T olive oil
- 2 T butter
- plain yogurt or sour cream

Grate the kohlrabi and wrap it in a dish towel. Squeeze out excess moisture. Combine eggs, onion, breadcrumbs, salt and pepper and add in kohlrabi. Heat the oil and butter in skillet. Add the kohlrabi and press down firmly. Do not stir. Carefully, flip the kohlrabi with the spatula, press down firmly with the spatula again and brown for another 5-7 minutes. Serve with yogurt or sour cream.

## 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.

## SESAME NOODLE BOWL

Source: Love and Lemons

This easy noodle bowl recipe is a delicious combination of crispy snap peas, sweet orange segments, shiitake mushrooms, and a savory miso dressing.

Plum Granny Farm Note: Although they are not quite as meaty as shiitake mushroom, the oyster mushrooms in today's bag could work well.

[Sesame Noodle Bowl Recipe - Love and Lemons](#)

# 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&region=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.

## HOW TO FREEZE SNOW PEAS AND SUGAR SNAP PEAS



A sweet crunchy treat of early summer, snow peas and sugar snap peas are simple to freeze so that we can enjoy them all year long!

PREP TIME	COOK TIME	ADDITIONAL TIME
10 minutes	1 minute 30 seconds	2 minutes
<b>TOTAL TIME</b>		
13 minutes 30 seconds		



### Ingredients

- snow peas
- and/or sugar snap peas

### Instructions

1. Prepare fresh peas: rinse in cool water and snap off the ends, gently pulling along the pod to remove the tough string (if there is one.)
2. If desired, roughly chop the peas into one-two inch pieces. This is optional, but I think this is a good size for stir frys and stews.
3. Prepare a large pot of boiling water and a large bowl of ice water.
4. Drop 2-3 handfuls of peas into the boiling water and blanch for **90 seconds**.
5. Remove peas with a slotted spoon or drain into a colander and immediately plunge them into the ice bath to stop the cooking. Let them chill out for **one to two minutes**.
6. Strain out the cooled peas, spread them out on a dish towel, and pat dry. Or, for faster drying, I also like to give them a whirl in a salad spinner.
7. Pack the dried pods into freezer bags, removing as much of the air as you can. (Remember to label the bags with the date!) Pop them into the freezer and enjoy the taste of early summer all year long!

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CUISINE: preserving / CATEGORY: crunchy kitchen

<https://thecrunchyginger.com/how-to-freeze-snow-peas-and-sugar-snap-peas/>





## Oyster Mushroom and Spinach Orecchiette with Garlic and Lemon

[Oyster Mushroom and Spinach Orecchiette with Garlic and Lemon – Mushroom Council](#)

Also, our friends Cathy and Ernie from Borrowed Land Farm, suggest additional recipes from the Mushroom Council – they say that many recipes call for button mushrooms, but oysters can be substituted. Another of their favorite mushroom recipe sites is the Forager Chef ([Wild Mushroom Recipe Archive – Page 2 \(foragerchef.com\)](#))

### 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.