



PlumFresh Harvest Subscription

Season 7, Week 5

Wednesday, June 1, 2022

Did I just write JUNE?! Yikes! The year is definitely buzzing by. Hard to believe that we are already on Week 5 of PlumFresh! Twenty-four more weeks to go!

We are excited about a couple of new things in your bag this week: tomatoes and summer squash. The tomatoes were planted in March in one of our high tunnels. There was no heat in the tunnel. They hung out with the spinach (not a good crop pairing) until that was harvested. We lost about a third of them to a chill injury early in their life, but the rest bounced back pretty well and have helped us achieve our goal of having tomatoes by the end of May! The flavor has improved since our first taste a week or so ago, but the texture isn't quite right. But it sure beats a grocery store tomato any day of the week! We hope you enjoy your first tomato of the season! Summer must be here!

It's also exciting to have summer squash back on the menu! They started appearing last week and this weekend we got our first haul! They are in a high tunnel that currently is not covered so they go splashed by all the rain last week – hence the extra dirt on the squash. We don't wash squash before packing it. See note below in storage tips. We aren't being lazy! Squash is very perishable and washing right after harvest shortens storage.

A note about the mushrooms in this week's bag: they are from Heritage Harvest Farms in Pfafftown. We are VERY disappointed in the quality of the product. The white Oyster mushrooms were okay, but the brown ones were poorly packaged for our pick-up and were split or over-mature. As we were packing, we had to discard quite a bit of what they provided and as a result, we were short by 6 units. We have addressed this issue with the farm owner, Claire Parrish, and we will not be purchasing mushrooms from them in the future. We apologize for this and will be crediting your account by \$1.

In happier news, there are lots of coming attractions in our fields include Purple Sprouting Broccoli, Fennel, Swiss Chard, Napa and Golden Acre Cabbage, Tropea Onions, Shallots, Sweet Cherries from Levering Orchard, Blackberries and LOTS more!

This week's menu includes:

- Snap Peas -- *Cascadia*
- Snow Peas -- *Oregon Sugar Pod*
- Kohlrabi -- *Azur Star (purple) and Korist (white)*
- Escarole -- *Eros*
- Tomatoes -- *Galahad*
- Summer Squash -- *Tempest*
- Oyster Mushrooms from Heritage Harvest Farms

Regular Bags Only:

- Member's Choice:
Bunching Onions, Carrots, Collards, Garlic Scapes, Greek Oregano, Kale (Curly and Lacinato), Lettuce, Pac Choi, 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. 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 a perforated plastic bag in the crisper drawer.
- **All summer squashes** are surprisingly perishable; avoid washing them until just before using – **based on this advice, your squash have not been washed!** They also can dehydrate quickly. Put it in a perforated plastic bag and store in the crisper drawer of your fridge.
- **Escarole** is best kept in a plastic bag in the crisper drawer.
- 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.

How do I use this stuff?

We know you've gotten a lot of **snap and snow peas** lately, so we want to encourage you to freeze them! Wouldn't a stir-fry in February be exquisite with some delicious local, Organic snap and snow peas? See the instructions below for freezing them so you'll retain the crunch.

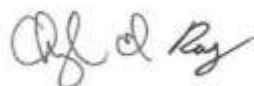
Perhaps **kohlrabi** is new for you – we started growing it a couple of years ago and really enjoy it. Here are a few basics:

- 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>.

- **Summer squash** is always a treat! I love a simple stir fry with lots of onions, garlic and herbs – then top with feta cheese. Dinner is served! Here are some other ideas:
 - Try raw summer squash cut into sticks with your favorite dip or in salads.
 - Cut into chunks add to summer soups and pasta sauce.
 - Grill thick slices for 3-4 minutes over hot coals, then 5-8 minutes on the side of the grill. Baste with marinade.
 - Sauté onions in butter or oil, add summer squash and sugar snap peas (if you have any left) and maybe some fresh oregano from last week. Then top with parmesan cheese and serve over pasta.
 - To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Some water will exude during the resting period. Much more will come out when squeezed or patted with paper towels. If you wish, rinse to remove the salt.

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

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 shitake mushroom, the oyster mushrooms in today's bag could work well.

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

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

10 minutes

COOK TIME

1 minute 30 seconds

ADDITIONAL TIME

2 minutes

TOTAL TIME

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 fries 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 \(foragerchef.com\)](#))

SAUTÉED YELLOW SQUASH

Source: Love and Lemons [Sautéed Yellow Squash Recipe - Love and Lemons](#)

Cook Time: 10 mins
Serves 4

Author Note: This sautéed yellow squash is one of my all-time favorite summer squash recipes! A crispy, nutty panko topping contrasts perfectly with the tender, herb-flecked squash.

Ingredients

- 3 yellow squash
- Extra virgin olive oil, for drizzling
- Fresh basil & thyme for garnish, optional

Herb oil

- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small garlic clove, grated
- 2 tablespoons parsley, finely chopped
- ¼ teaspoon sea salt
- Freshly ground black pepper

Breadcrumb Topping

- ¼ cup panko breadcrumbs
- ¼ cup Parmesan
- 1 tablespoon chopped parsley
- ¼ to ½ teaspoon sea salt
- pinch of red pepper flakes, optional

1. Slice the squash into ¼-inch rounds. If the squash is large, slice the rounds into half-moons.
2. Make the herb oil: In a jar with a tight-fitting lid, combine the lemon juice, olive oil, garlic, parsley, salt, and pepper and shake to combine.
3. Make the topping: In a small bowl, combine the panko, Vegan Parmesan, parsley, salt, several grinds of pepper, and a pinch of red pepper flakes, if desired.
4. Heat a large skillet over medium heat with a few drizzles of olive oil. Add the squash and sauté for about 7 to 10 minutes, stirring occasionally so that all sides get cooked. I like to cook mine until it's soft, yet still has a firm bite, but before it becomes too watery and mushy. Remove from the skillet and toss with the herb oil. Top with the panko mixture, and fresh herbs, if desired.

ESCAROLE AND BEAN SOUP

Source: Elizabeth Martin, *PlumFresh* member

Elizabeth tells me that this is one of her family's favorites. She notes that it can be varied to meet one's preferences and that it is very easy! Sounds perfect for a damp, rainy day.

- Render about 12 1/2-inch pieces of salt pork or side meat or use a couple of tablespoons of olive oil.
- Sauté 1 med onion, chopped and 4 cloves of garlic, sliced, in the oil/fat
- Add the following:
 - 8 oz of tomatoes or 2 Tbsp of tomato paste (Elizabeth uses the concentrated tomato paste that comes in a tube)
 - 16 oz water or up to 32 oz chicken broth or vegetable broth
 - 1 or 2 cans of cannellini beans
 - Fresh ground black pepper
- Bring to a boil.
- Add 1 large or 2 medium heads of escarole, washed and torn into pieces.
- Cover and simmer for about 30 minutes until escarole is tender.