



PlumFresh Harvest Subscription

Season 7, Week 6
Saturday, June 4, 2022

Did I just write JUNE?! Yikes! The year is definitely buzzing by. Hard to believe that we are already on Week 6 of *PlumFresh*! Twenty-three more weeks to go!

It's 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 got splashed by recent rain – 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.

Another delicious treat in your bag this week is goat cheese from our dear friends at Buffalo Creek Farm and Creamery in Germantown. They are a special partner in *PlumFresh* since they are a Wednesday pick-up location for us. 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 one of those Blue Ribbon winners! It 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 new veggie this week is **Purple Peacock Broccoli**. This is a non-heading, hybrid variety of Brassica oleracea. It is a cross between Green Goliath broccoli and two colorful kale varieties, and offers crisp, kale-like leaves and small, tender florets. This open pollinated variety has leaves that most closely resemble red Russian kale and produces tons of small, tender side shoots.

Lots of coming attractions include 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*
- Purple Peacock Broccoli
- Escarole – *Eros*
- New Potatoes (*Dark Red Norland*) from Felsbeck Farm
- Farmstead Chevre from Buffalo Creek Farm and Creamery

Regular Bags Only:

- Summer Squash -- *Tempest*
- Member's Choice:
Bunching Onions, Carrots, Collards, Garlic Scapes, Greek Oregano, Kale (Curly and Lacinato), Lettuce, Pac Choi, Swiss Chard, Turmeric

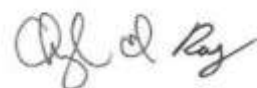
Storage Tips

- 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!
- 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 and Peacock Purple Broccoli are best kept in a plastic bag in the crisper drawer.
- The Chevre was made a week ago 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.
- Snow peas and snap peas should be refrigerated in a perforated plastic bag in the crisper drawer.
- Potatoes should be stored in a cool, dark place away from onions. They should not be stored in the fridge.

How do I use this stuff?

- Purple Peacock broccoli leaves and small sprouting heads are tender and sweet enough to be used raw in many culinary applications when young. They can be tossed with a light vinaigrette and served as a salad or lightly blanched or sautéed for a side dish. When the leaves are older, they can be cooked similarly to kale. Both the leaves and florets will cook to a dark green color. Use Purple Peacock broccoli in any recipe calling for broccoli. Chop the florets and leaves and add to pastas or sauté with garlic and oil and add to grain salads. The florets can be baked, roasted, blanched, braised or sautéed. Store them in the refrigerator for up to 5 days. Blanched Purple Peacock broccoli can be frozen for up to 3 months.
- 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 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.

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



Recipes

SAUTÉED YELLOW SQUASH

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

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.

Cook Time: 10 mins
Serves 4

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.

SUMMER SQUASH PANCAKES

Source: Appalachian Sustainable Agriculture Program

There are plenty of ways to cook summer squash, whether you sauté, grill, or roast it. Try these easy crispy summer squash pancakes to serve as the perfect side, main dish or snack for those upcoming warm summer evenings. These lightly spiced treats are similar to a classic potato latke, but use grated squash instead.

Start with two medium-sized zucchini or yellow squash (you can use either or both). Grate with the medium or large holes of a box grater. Once completely grated, squeeze the shavings dry and set aside. Then, thinly slice two scallions and one jalapeño, and combine with the grated squash. Add one large egg, half a cup of all-purpose flour, two teaspoons of baking powder, and season with salt and pepper to taste.

After combining your ingredients, heat two tablespoons of oil over medium heat in a large skillet. Add about a third of the batter on the pan, and cook until golden (approximately three minutes per side), while lightly pressing the pancakes with your spatula to flatten them. You can change the amount of batter used for each pancake depending on how large or small you want them to be. After fully cooking, remove the pancakes from the skillet and use a paper towel to absorb any excess oil, then they're ready to be enjoyed by the whole family! These crispy cakes taste delicious alone but can be even better when served with a goat cheese or sour cream, and a spritz of lemon juice.

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.

STEWED ESCAROLE WITH FETA

- Kosher salt
- 1 head escarole, roughly chopped
- 1/4 cup extra-virgin olive oil
- 1-2 onions, chopped
- 1-2 tomatoes, seeded and diced
- 1/4 pound feta cheese, crumbled
- Freshly ground pepper

Bring a large pot of salted water to a boil. Add the escarole and cook until bright green, about 1 minute. Drain and transfer to a bowl of ice water; drain and squeeze dry. Heat the olive oil in a large skillet over medium heat. Add the onions and cook until soft, about 6 minutes. Add the escarole and tomatoes, reduce the heat to low and cook until tender, about 6 minutes. Add the feta and cook until partially melted, about 5 more minutes. Season with salt and pepper.

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
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 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/>