



## *PlumFresh* Harvest Subscription

Season 7, Week 7

Saturday, June 11, 2022

Another busy week here at the farm! We were finally able to get more of our tomatoes and sweet peppers in the ground. We will have the most extensive planting of slicers, fruits and paste tomatoes that we've had in a long time. One of the *PlumFresh* events that we hope to have this year is a tomato tasting. Wouldn't it be fun to sample different tomatoes and vote for your favorites? We always enjoyed participating in the Winston-Salem Journal Tomato Tasting event and we had several winners there over the years. While our event won't be as extensive, it will still be a fun time to meet fellow *PlumFresh* members. Stay tuned for details!

A special treat is in this week's bag – sweet cherries from [Levering Orchard](#) in Ararat, Virginia. Last year's big freeze kept us from getting cherries from them and we are super excited to share them with you this year. This 114-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees – and 56 varieties of cherries alone! A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. These cherries were last sprayed about a month ago. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprays only 3 times in the season. The cherries are truly delicious! We will also be getting apples from Levering a few times this fall.

BTW, if you are a sour cherry fan, Frank Levering tells me that they will probably start harvesting cherries this weekend. Frank tells me that this is one of the best crops of cherries they have had in several years and he is excited about sharing his bounty with folks that value local food – like you! Check his website or call his hotline (276-755-2224) for information on picking hours. It is a delightful drive to his farm – only about 20 minutes from Mount Airy. These cherries are super popular, so don't delay if you want to get some!

The sugar snap peas in this week's bag are a new variety. *Sweet Gem* lives up to its name and is even sweeter than Cascadia. We have found that we can harvest it a bit earlier and still get a great taste. The one downside of the pea is that it has some little prickles on it which is caused by Pea Enation Mosaic Virus which this pea does not have resistance against. Enjoy them while you can! Pea season is fleeting!

This week's menu includes:

- Red Tropea Fresh Onions
- Summer Squash -- *Tempest*
- Sweet Cherries (*Index and Chelan*) from Levering Orchard
- Snacking Cucumbers – *Picolino*
- Snap Peas – *Sweet Gem*
- Swiss Chard – *Bright Lights and Silverado*

### Regular Bags Only:

- Napa Cabbage
- Member's Choice:  
Bunching Onions, Carrots, Dill, Garlic Scapes, Greek Oregano, Kale (Curly and Lacinato), Lettuce, Snow and Snap Peas, Tomatoes, Turmeric

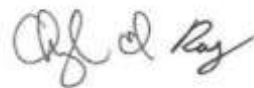
### Storage Tips

- 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!
- Store **cherries** in your refrigerator in a plastic, perforated bag in the crisper drawer for up to a week. Unlike grocery store cherries, they are very ripe and perishable. Make sure you wash the fruit before eating.
- **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 them in a perforated plastic bag and store in the crisper drawer of your fridge.
- **The Red Tropea Onions** are fresh onions (not cured) and are best kept in a plastic bag in the crisper drawer. They should be eaten in a week or two.
- To keep the **Napa Cabbage** stay fresh longer, do not wash it until you are ready to use it. Store cabbage in the refrigerator vegetable crisper. Avoid slicing or shredding cabbage in advance, as this will cause it to lose a significant amount of vitamin C. Napa cabbage should be kept in a plastic bag, as it tends to absorb odors; it will keep for 4 to 5 days.
- **Snacking Cucumbers and Swiss Chard** store well in a 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.
- **Tomatoes** belong on the kitchen counter. There's a mix of ripe and not-quite-as-ripe. Set the less ripe ones on a windowsill to move along their process.

### How do I use this stuff?

- **Cherries!** To pit cherries: use a paperclip bent into an S-shape and insert into the center of the cherry to pull out the pit. We recommend buying a cherry pitter — OXO Good Grips makes a good one. It's well worth it. To freeze: Choose firm, ripe cherries (not mushy ones). Take 4 cups and mix with 1 cup of sugar. Stir occasionally until the sugar dissolves. Pack the cherries and juice in quart Ziplock freezer bags, removing as much air as possible. Freeze for up to a year. To dehydrate: You can dehydrate pitted cherries.
- On the reverse you will find several recipes for **Swiss Chard**. I'm not sure why so many people don't like chard but perhaps these preparations can redeem this delicious (and healthy!) veggie in the eyes of its detractors. I love it cooked but am not a fan of raw chard. My favorite (and very simple!) way to eat it is to lightly sauté it in olive oil with garlic – about 5-6 minutes. Add a bit of balsamic vinegar to the pan and cook down for a minute or so. Top with feta cheese and maybe some pine nuts or walnuts if you are feeling luxurious! Dinner in a bowl!
- Napa cabbage also takes well to a quick stir-fry; just shred and cook it in a heated, oiled wok on medium heat for 2 to 3 minutes, or until wilted but still crisp-tender.

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



## Recipes

### BAKED CHARD

From Glen & Gwendolyn Nergart – In Season Garden, Danbury, NC

Pre-heat oven 350 degrees

- 1 pound chard
- 1/3 cup melted butter
- ½ cup lightly salted water
- 1 tsp. anchovy paste
- 1 egg
- dash cayenne pepper
- 1 cup milk
- 8 oz. goat cheese
- ¾ cup toasted breadcrumbs, divided

Wash and roughly chop chard. Bring water to a boil and simmer chard until wilted. Drain and gently press out excess water. In food processor or blender combine remaining ingredients and mix thoroughly about 20 sec. Combine with chard and place in one quart casserole. Sprinkle with remaining ¼ cup bread crumbs and bake uncovered in 350 degrees oven for 35-40 minutes.

*Cheryl note: I used less butter and anchovy fillets instead of paste. Also used feta cheese crumbles instead of goat cheese. Topped with a few pine nuts with the bread crumbs.*

### CHARD WITH RAISINS AND ALMONDS

Source: — Ruth Charles, Featherstone Farm CSA member, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 4 to 6

Source Note: This recipe uses the colorful “rainbow chard” with its red, yellow, and orange stems. This is a wonderful dish for kids, who love its sweetness and bright colors.

- ¼ cup slivered almonds
- 2 pounds rainbow chard (or use red-stemmed chard)
- ½ cup water
- ½ cup apple juice
- ½ cup raisins
- 2 tablespoons butter

Method:

1. In a pan or using your oven broiler, toast the almonds.
2. Wash the chard, but do not dry it. Cut the leaves away from the stems, stack several of them in a neat pile, and roll the leaves up like a cigar. Slice crosswise to shred the leaves. Then cut the stems into ½-inch pieces.
3. In a large pan, cook the chard stems in the water for about 4 minutes; add the leaves and cook until they turn tender, 5 to 8 minutes. Stir in the apple juice and raisins, heating them thoroughly.
4. Top the chard with the butter and almonds and toss lightly. Serve at once.

## GRANNIE'S FRENCH SWISS CHARD

From Golden Earthworm Farm: *A special recipe from Cait Johnson: The French love their chard ("blettes" in their language), and my Grannie (who was French and Swiss, among other things) used to make this recipe for me when I was little because she knew how good it was for me (chard is a fabulous source of many antioxidant vitamins and minerals)--and because this was one way I would actually eat it and enjoy it! The secret is adding raisins and pine nuts to the chard. I recently bought a drop-dead gorgeous book of French Provincial recipes, and in it was a recipe that looked just like the chard my Grannie used to make for me. It was even called "Blettes Grand-mere!" Try making it for your little ones: the sweetness of the raisins and the nutty, buttery crunch of the pine nuts make chard completely irresistible--and it cooks in about 3 minutes.*

- |                                      |                                                |
|--------------------------------------|------------------------------------------------|
| 1 bunch Swiss chard                  | 1/3 cup raisins or golden raisins              |
| 3 tablespoons butter                 | 2 tablespoons pine nuts                        |
| 1 tablespoon olive oil               | salt and freshly-ground black pepper, to taste |
| 1 tablespoons chopped fresh rosemary |                                                |

Remove the chard stems and the thick central vein from each leaf. Chop the leaves very coarsely. Using a large, heavy-bottomed frying pan over medium high heat, melt the butter with the oil until sizzling. Add the chard and the rosemary, stirring well to coat the chard with the butter mixture. Cook, stirring constantly, for another minute until the chard has wilted to about half its original volume. Add raisins and pine nuts, stirring to combine evenly, and continue cooking until any moisture has evaporated. The entire cooking process should take no more than about 3 minutes. Season with salt and pepper and serve immediately.

Source: <http://goldenearthworm.com/recipes/2009/2/13/grannies-french-swiss-chard.html>

## CHARD AND ONION OMELET (TROUCHIA)

Yield: Serves 4 to 6

- |                                                                     |                                         |
|---------------------------------------------------------------------|-----------------------------------------|
| • 3 tablespoons olive oil                                           | • 6 to 8 eggs, lightly beaten           |
| • 1 large red or white onion, quartered and thinly sliced crosswise | • 2 tablespoons chopped parsley         |
| • 1 bunch chard, leaves only, chopped                               | • 2 tablespoons chopped basil           |
| • Salt and freshly milled pepper                                    | • 2 teaspoons chopped thyme             |
| • 1 garlic clove                                                    | • 1 cup grated Gruyère                  |
|                                                                     | • 2 tablespoons freshly grated Parmesan |

Heat 2 tablespoons of the oil in a 10-inch skillet, add the onion, and cook over low heat, stirring occasionally, until completely soft but not colored, about 15 minutes. Add the chard and continue cooking, stirring occasionally, until all the moisture has cooked off and the chard is tender, about 15 minutes. Season well with salt and pepper.

Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the herbs. Combine the chard mixture with the eggs and stir in the Gruyère and half the Parmesan.

Preheat the broiler. Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at medium-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes. Add the remaining Parmesan and put under the broiler 4 to 6 inches from the heat, until browned. Serve trouchia in the pan or slide it onto a serving dish and cut it into wedges. The gratinéed top and the golden bottom are equally presentable.

Source: [Vegetarian Cooking for Everyone](#) by Deborah Madison.

## 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.

## ASIAN FUSION SLAW

Source: Sarah Libertus, former Featherstone Farm CSA manager, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Source Note: This has become a staple in my potluck repertoire. It is easy and beautiful and offers a fresh twist on a classic.

### Dressing

- ½ cup vegetable oil
- 2 tablespoons toasted sesame oil
- ¼ cup rice vinegar
- 1½ tablespoons finely minced fresh ginger
- 2 teaspoons soy sauce

### Slaw

- 6 cups thinly sliced napa cabbage
- 2 bell peppers (any color), sliced into sticks
- 1 bunch green onions, finely chopped
- Salt
- 1 cup chopped salted peanuts
- 1 cup minced cilantro

1. Whisk the dressing ingredients in a small bowl.
2. In a big bowl, toss together the cabbage, peppers, and onions. Pour the dressing over the cabbage mixture and toss. Add salt to taste.
3. Add the peanuts and cilantro right before serving. (This salad tastes better on the second day, but wait to sprinkle the peanuts over it until just before serving, or else they will soak up the dressing and get soft.)

## **MORE SUGAR SNAP PEA IDEAS!**

### **19 GREAT WAYS TO DIG INTO SPRING PEAS THIS YEAR**

Source: Serious Eats ([seriouseats.com](http://seriouseats.com))

[19 Great Ways to Dig Into Fresh Spring Peas \(seriouseats.com\)](http://seriouseats.com)

This post has some great ideas on how to savor and accentuate the wonderful flavor of peas. It has recipes for shelling peas as well as snap peas. Check it out because there are some seriously good-looking recipes here! I've got my eye on that pasta!

## **NEED IDEAS FOR SWEET CHERRIES?**

**Probably not... Most likely they were eaten fresh before you got home. But just in case, here are some ideas!**

[Dark Sweet Cherries: Ten Cherry Recipes for June | Kitchn \(thekitchn.com\)](http://thekitchn.com)

[Cherry Clafoutis Recipe | Food Network Kitchen | Food Network](http://FoodNetworkKitchen.com)