



## *PlumFresh* Harvest Subscription

Season 7, Week 7

Wednesday, June 15, 2022

June=Garlic here at Plum Granny Farm! We started garlic harvest on Tuesday. Hopefully by the end of the day today we will have all the softneck garlic out of the ground. So far, this harvest is amazing. We have never had bulbs as large as these. It must have been a good winter to have garlic in the ground – and we did some things in planting that made a big difference, I'm sure. You probably won't believe me but, the garlic bulbs in your bag today are some of the smaller bulbs! We hope you enjoy this fresh garlic!

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 – we won't be harvesting any more! Pea season is fleeting!

We are also excited about the cabbage in this week's bag. These are the biggest, tightest heads we've ever grown! Yeah, cabbage isn't a particularly sexy veggie but it is so versatile and delicious! See the notes below for details.

This week's menu includes:

- Cabbage – *Golden Acre*
- Fresh Garlic – *Lorz Italian*
- Summer Squash -- *Tempest*
- Snacking Cucumbers – *Picolino*
- Snap Peas – *Sweet Gem*

### Regular Bags Only:

- Tomatoes -- *Galahad*
- Member's Choice:  
Basil, Bunching Onions, Carrots, Dill,  
Escarole, Garlic Scapes, Greek Oregano,  
Kale (Curly and Lacinato), Lettuce, Tropea  
Onions, Snow and Snap Peas, New  
Potatoes, Swiss Chard, 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!
- **Cabbage** has a remarkable storage capacity. Just stick dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Cabbage can keep for 3 months with high humidity! Once cut, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks.

- **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.
- **Fresh Garlic** has not been cured. If you want it to remain juicy, it is best kept in a plastic bag in the crisper drawer in a plastic bag to retain humidity. If you'd like to save it for later, keep it on a counter or hang it so that it gets good air circulation. It will be cured in about 4-6 weeks.
- **Snacking Cucumbers and Snap Peas** store well in a plastic bag in the crisper drawer.
- **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?

- The garlic was harvested Tuesday. The cloves are huge! You will find the wrappers around the cloves are still soft. As the bulb cures, the wrappers will turn into the papery "skin" you're used to seeing on fully cured garlic. Fresh garlic is juicy and has a brighter flavor than cured garlic. Use it as you would "regular" garlic – but you'll find that the flavor is not as intense and is much brighter than cured garlic. The cloves almost pop out of the wrapper, too! We love this stuff!
- Cabbage isn't just for coleslaw! Try it in a sauté or grilled – both of these preparations bring out the best in this versatile cruciferous veggie!

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



## Recipes

### GRILLED CABBAGE

Preheat the grill. Slice the cabbage lengthwise. Brush with olive oil on both sides. Sprinkle with salt. Place cut side down directly on the grill. Cook for about 5 minutes – checking to see if it is charring. A small amount on char adds to the flavor. Once cooked, flip and cook on the other side for about a minute or 2. Remove and serve.

### SAUTÉED CABBAGE

Source: [Sauteed Cabbage | Easy, Healthy Recipe \(wellplated.com\)](http://wellplated.com)

Sautéed cabbage is an easy, DELICIOUS vegetable side that's healthy and goes with so many dishes! Vinegar is the secret ingredient to making it taste great.

**PREP:** 5 mins  
**COOK:** 10 mins  
**TOTAL:** 15 mins  
**SERVINGS:** 6 Servings

- 1 small head green cabbage *about 2 1/2 pounds*
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ tablespoon apple cider vinegar *plus additional to taste*
- 1 tablespoon chopped fresh thyme *optional*
- Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large sauté pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).

**CONTINUED NEXT PAGE**

- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm.
- **TO STORE:** Store Sautéed Cabbage in an airtight container and place in the refrigerator for up to one week.
- **TO REHEAT:** Place Sautéed Cabbage in a microwave-safe bowl or on a plate and reheat gently until warm. You can perk your leftovers up by adding another sprinkle of salt and a splash of apple cider vinegar after reheating.
- **TO FREEZE:** Sautéed Cabbage can be frozen if placed in a freezer-safe container. The texture of the cabbage may change slightly while frozen but will still taste delicious when thawed.

## GRILLED ZUCCHINI WITH SALSA VERDE (PARSLEY, LEMON, GARLIC SAUCE)

**Source: Katherine Deumling: Cook With What You Have**

<https://www.cookwithwhatyouhave.com/csa/grilled-summer-squash-with-salsa-verde-parsley-lemon-garlic-sauce/>

Source Notes: Simple, delicious and beautiful on a hot day, any day, really. You can use other summer squash in place of the zucchini. I began making this dish for my family when I was in high school and it's remained a standby.

Serves 4 or more as an appetizer

- 3 medium zucchini or other summer squash, thinly sliced long-ways into planks about 1/2-inch thick or into rounds
- 2 tablespoons olive oil
- 1/2 teaspoon salt

### Salsa Verde

- ½ bunch parsley, finely chopped or any combination of oregano, basil and parsley
- 1 medium to large clove garlic, minced
- 1 tablespoon lemon juice
- 1/3 cup good olive oil
- Salt and freshly ground pepper, to taste
- 1 tablespoons capers, rinsed and chopped (optional)

Toss sliced squash with oil and salt and cook one of three ways:

- Broil on sheet pan, flipping once browned on one side until slightly browned and tender on both sides
- Grill on the barbeque
- Sear in heavy skillet on the stovetop in just a touch of olive oil

Mix all the salsa verde ingredients together, taste and adjust seasoning. Then drizzle/spread/toss sauce over squash. Let rest for 15 minutes if you can before serving. Serve at room temperature.

## Bulgarian Cucumber Soup With Walnuts

By Martha Rose Shulman

**YIELD** Serves four

**TIME** 30 minutes, plus 1 hour's refrigeration

Walnuts are used in sweet and savory dishes throughout the Mediterranean. Along the Italian Riviera, a rich ricotta and walnut sauce traditionally is served with ravioli filled with greens. In Turkey, a thick, garlicky walnut sauce called tarator is served with cooked vegetables, much as aioli is in the South of France. In France, walnuts are added to salads, breads and many desserts, and they are eaten fresh as well as dried — a great delicacy in the fall, just after the harvest. I've never encountered creamy, fresh walnuts in American farmers' markets, but if you know a walnut farmer, perhaps you could request some the next time they're harvested. Before the weather becomes too chilly for cold soups, try this one. Bulgaria once was well known for the number of centenarians in its population, which some scientists attributed to the daily consumption of Bulgarian yogurt. Now, both the yogurt and eating culture in this mountainous country have changed for the worse, and so have local lifespans.

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### INGREDIENTS

#### FOR THE BULGARIAN CUCUMBER SOUP WITH WALNUTS

**2 to 4 garlic cloves to taste, peeled, green shoots removed**

**Salt to taste**

**2 cups thick plain yogurt (Greek style, or drained)**

**2 tablespoons walnut or olive oil, or 1 tablespoon each**

**$\frac{2}{3}$  cup (2 ounces) shelled walnuts, finely chopped**

**1 European cucumber, about 10 inches long, or 3 Persian cucumbers, cut in very small dice**

**$\frac{1}{2}$  cup ice-cold water, preferably spring water**

**2 tablespoons lemon juice**

### PREPARATION

#### FOR THE BULGARIAN CUCUMBER SOUP WITH WALNUTS

##### Step 1

Place the garlic in a mortar with  $\frac{1}{2}$  teaspoon salt, and mash to a paste.

##### Step 2

Place the yogurt in a large bowl. Stir in the oil, garlic and walnuts. Whisk in the water and the lemon juice. Add salt and freshly ground pepper to taste. Chill for one hour or longer.

##### Step 3

Meanwhile, season the cucumbers lightly with salt, and allow to drain in a colander for 15 minutes. Add to the yogurt mixture and stir together.

##### Step 4

If you wish, place an ice cube in each bowl, and ladle in the soup. Top with chopped walnuts, a drizzle of olive oil if desired, and a sprinkling of dill or mint.

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## ***Bulgarian Cucumber Soup with Walnuts continued....***

**Freshly ground pepper**

**FOR THE GARNISH**

**Ice cubes (optional)**

**Finely chopped walnuts**

**Extra virgin olive oil**

**Finely chopped fresh dill or mint**

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### **Tip**

***Advance preparation:*** You can make this several hours before serving it. Keep the soup base and the cucumbers separately refrigerated. The longer the soup sits, the more pungent it will become.

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## **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!