



PLUM GRANNY
FARM

PlumFresh Harvest Subscription

Season 7, Week 8
Wednesday, June 22, 2022

Happy Summer Everyone!

June equals Blackberries! We are so happy to have our Osage blackberries this year since last year, all of the flowers (and hence the berries) were killed by the late freeze. This is the first real crop we've had on the Osage since they were planted in 2020. We are very pleased with their flavor – and definitely their productivity. We've picked more than 300 clamshells since our first harvest on last Thursday – and we are picking lots more today! Enjoy this quintessential fruit of summer – we should have them in your bag for the next few weeks.

Another treat in this week's bag – Onions! We are very excited about this crop. We have been challenged with growing them in the past but seemed to have found the ticket for good production – landscape fabric. By planting them in the fabric, we eliminate most of the weeds that have swallowed our onions in years past. These are nice big bulbs with a great flavor – initially sweet followed by a bit of bite. They are great raw and for cooking. We hope you enjoy them!

You've also got some beautiful fennel. This amazing plant has a strong flavor but is very versatile. Roasting mellows the anise quality. Check out the recipes – there are quite a few that we curated for you!

This week's menu includes:

- Blackberries – *Osage*
- Fennel – *Preludio and Fino*
- Fresh Yellow Onions – *Expression and Scout*
- Snacking Cucumber – *Picolino*
- New Potatoes – *Dark Red Norland* from Felsbeck Farm

Regular Bags Only:

- Tomatoes – *Galahad*

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!**
- Blackberries store well in their clamshell in the fridge. Don't wash until ready to eat. They are very ripe, so enjoy as soon as possible. Rinsing the berries in a 3:1 solution of water and vinegar helps remove any bacteria and also extends the shelf life of the berries. Here's a link for more info: [Everything You Need to Know About Washing and Storing Berries | Martha Stewart](#) A note about the berries: you might see a tan-colored druplet (one of the "balls" that makes up the berry). The berry is okay – it is just a sunburn that causes the discoloration.

- **Fresh Onions** have 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.
- For the **fennel**, cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two inches of water. Cover the glass loosely with a plastic bag and store in the refrigerator for few days. The foliage can also be dried and used as an herb. The unwashed bulb may be kept in a plastic bag in the refrigerator drawer for 2 weeks.
- Store **Potatoes** in a paper bag in a cool dark place
- **Snacking Cucumbers** store well in a plastic bag in the crisper drawer.
- **Tomatoes** should be stored on a counter with the stem end down.
- **Add-On Item: 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.
- **Add-On Item: Elephant Garlic Flowers** can be kept in water like a flower. The little florets are edible – use with eggs, potatoes, salads – anywhere that you'd like a burst of garlic flavor! Don't try the stalk – it is like a pencil!

How do I use this stuff?

- The potatoes were harvested on Tuesday. Since they are new potatoes, they do not store very well and we recommend that you use them as soon as possible.
- Roast those potatoes on the grill! Toss with olive oil, sprinkle with sea salt and put on foil (open-face) and grill until browned.
- Check out the tips below for Fennel – some GREAT recipes!

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



Recipes

FENNEL BASICS

Fennel may be a new ingredient for you. Use the fennel stalks and bulb separately. If the outer layers of the bulb are damaged, trim off the bad spots or remove the layers. Cut the bulb in half lengthwise and check the inner core. If it's tough, remove it with a paring knife. Fennel should be washed carefully to get out all the dirt. Chop or mince the leaves for garnish or seasoning. Prevent raw slices from discoloring by rubbing the cut edges with lemon.

Here are some recipe ideas for **Fennel** from *Bon Appetit* to inspire you:

[68 Fennel Recipes for Shaving, Roasting, Pickling, and More | Bon Appétit \(bonappetit.com\)](https://www.bonappetit.com/story/68-fennel-recipes)

FENNEL, BEAN AND PASTA SALAD

(adapted from *Asparagus to Zucchini via Three Rivers Community Farm*)

NOTE: I made this for our farm team potluck and used lots of grated lemon peel and fresh lemon juice. It was a big hit!

- 1 fennel bulb, leafy tops removed and reserved
- 1 small onion
- olive oil
- 1 can (28 oz) kidney beans, drained
- 2-3 cups cooked pasta (I used Gemelli)
- 1 tsp lemon pepper OR 2 lemons (grated peels) and squeezed and coarsely ground pepper
- Optional: Grape tomatoes, halved

Thinly slice fennel bulbs and onion; sauté in olive oil. Chop reserved fennel tops and add to cooked mixture with remaining ingredients. Add olive oil and lemon juice to lightly coat. Adjust seasonings to taste (ours needed a bit of salt). Serve chilled. Makes 4-6 servings.

ROASTED FENNEL WITH PINE NUTS AND PARMESAN

Source: Nadja Rauber-Moe, *PlumFresh* member

Bring out the delicious flavors of the fennel by roasting it – MMMMMMMMMM

- Preheat the oven to 375 degrees F.
- Toss evenly cut pieces of fennel with olive oil, garlic and onion powder. Set aside.
- Roast the pine nuts prior to cooking the fennel for 3-5 minutes. Set aside.
- Bake until fennel is fork-tender, about 10-15 minutes if not too thick. Sprinkle with parmesan and then broil for about 1-2 minutes to make it crispy.
- Top with Himalayan salt, pine nuts and chopped pieces of the fennel leaves and enjoy!

FENNEL AND ORANGE SALAD

(from *Eat Greens Cookbook via Three Rivers Community Farm in Elsau, Illinois*)

- 1 large or 2 small fennel bulbs, trimmed and julienned
- 1/2 red onion, thinly sliced
- 1 tsp balsamic vinegar
- 2 T soy sauce
- 1 T orange juice
- 1 T minced fresh ginger
- 1/3 cup olive oil
- salt and pepper
- 1 medium orange, peeled
- 1 T fresh lemon juice

Put the fennel and onion in a large bowl. Whisk together the vinegar, soy sauce, orange juice, ginger, and olive oil in a small bowl. Pour over the fennel and onion and toss well. Season with salt and pepper. Chill the salad for 1 hour. Slice the peeled orange into thin round “wheels” and slice each wheel into half. Add the orange slices and lemon juice and toss. Taste and adjust the seasonings, if necessary, and serve.

CELERY, FENNEL, AND APPLE SALAD

Servings: 8

Total Time: 25 minutes

Source: Publix Aprons <https://ww4.publix.com/recipes-planning/aprons-recipes/celery-fennel-and-apple-salad>

- 1 cup walnut pieces
 - 2 large Honeycrisp apples, thinly sliced
 - 1 medium fennel bulb, thinly sliced
 - 3 medium celery stalks, thinly sliced
 - 1/2 cup lemon vinaigrette
 - 1/4 cup fresh basil, coarsely chopped
 - 2 oz pecorino Romano cheese, shaved (about 1/2 cup)
1. Place walnuts in a medium, nonstick sauté pan on medium heat. Cook and stir 4–6 minutes or until nuts are toasted. Remove nuts from pan and place in a large bowl.
 2. Halve apples and fennel; remove cores. Thinly slice apples (4 cups), fennel (2 cups), and celery (1 cup) diagonally; place in bowl with nuts and toss with vinaigrette until evenly coated.
 3. Chop basil. Shave cheese, using a peeler. Add basil and cheese to bowl and toss to combine; serve.

BABY POTATOES WITH LEMON AND CHIVES

Serves 4

- 1 pound baby potatoes
 - 2 tablespoons (¼ stick) butter
 - 2 tablespoons coarsely chopped fresh chives (NOTE: If you have any scapes left, you could use finely sliced scapes in place of the chives)
 - 1 teaspoon grated lemon rind
1. Wash and steam the potatoes for 12 to 15 minutes until tender. (If preferred, they can be cut in half before cooking.)
 2. In a separate pan, heat the butter. Add the chopped chives and lemon rind. Toss to release the flavors, then pour over the potatoes and serve.

— Adapted from *Fooddownunder.com*, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

ELEPHANT GARLIC FLOWERS

- Store in a jar – with a bit of water, in the fridge. Trim the stem before putting in water.
- Pop off the “buds” of the flower head and add to scrambled eggs, pasta dishes, couscous salads, green salads, mashed potatoes, roasted veggies and more. They give a great little garlic flavor burst!
- They also make a great everlasting flower for arrangements. We have some in a vase that we’ve had for 3 years. The flowers turn a tawny buff color. No need to keep them in water.

BLACKBERRY-LAVENDER POPSICLES *from Bounty From the Box: The CSA Farm Cookbook, by Mi Ae Lipe*

Makes 8 (2.5-ounce) pops

- $\frac{3}{4}$ cup superfine sugar or agave nectar
 - 1 heaping pint (2 cups) fresh blackberries
 - 1 tablespoon lavender buds, fresh or dried
 - 3 tablespoons freshly squeezed lemon juice
 - 1 cup cold water
1. In a saucepan, stir the sugar into the blackberries and allow to sit for 5 minutes. Add the lavender and bring to a boil. Reduce to a simmer and allow to bubble gently for 10 minutes. Remove from the heat.
 2. Smoosh up the berries with a potato masher to release all of their juices. Stir the lemon juice and water into the mixture. Taste and add more sweetener, if you think it needs it. Refrigerate until cold, about 30 minutes.
 3. Set a strainer over a large mixing bowl (preferably one with a pour spout). Strain the mixture, pushing down with a rubber spatula to extract all of the juices.
 4. Pour into ice pop molds, adding the sticks at the correct time for your molds. Freeze until solid.

— Heather Schmitt-Gonzalez, the Girlichef blog

SUMMER BLACKBERRY BASIL PIZZA

Prep time: 10 mins

Cook time: 12 mins

Serves 4

I am looking forward to trying this one! This sweet & fresh Blackberry Basil Pizza makes a delicious, simple summer dinner!

Source: Jeanine Donofrio. Love and Lemons

Ingredients

- 1 ball of multigrain pizza dough, or homemade
- 1 teaspoon extra-virgin olive oil
- 1 minced garlic clove
- 8 ounces fresh mozzarella bocconcini, sliced, divided
- 1 pint organic blackberries, divided (slice large ones in half)
- Lots and lots of fresh basil
- Pinch of red pepper flakes
- Drizzle of honey
- Pinches of sea salt

Instructions

1. Preheat oven to 450F.
2. In a small bowl, combine the olive oil and minced garlic.
3. Stretch the pizza dough onto a pizza stone or baking sheet and brush the dough with the garlic oil. Top with $\frac{3}{4}$ of the fresh mozzarella and blackberries. Bake until the crust is golden brown, about 12 minutes.
4. Remove the pizza from the oven and top with remaining mozzarella, blackberries, and lots of basil. Sprinkle with red pepper flakes and sea salt. Drizzle with olive oil and honey. Slice and serve.

Recipe by Love and Lemons at <https://www.loveandlemons.com/blackberry-basil-pizza/>

SOUR CREAM POTATO SALAD

Source: Matthew George Looper, *The Schoenleber Family Cookbook*, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 10

Source Note: This is a real favorite. It is even better when refrigerated a day ahead to give the flavors a chance to blend.

- 7 medium red or white potatoes, cooked in their jackets, peeled and sliced (6 cups)
- $\frac{1}{3}$ cup Italian salad dressing
- $\frac{3}{4}$ cup sliced celery
- $\frac{1}{3}$ cup chopped scallions (green onions), white sections and green tops (plus extra for garnish, if desired)
- 4 hard-cooked eggs
- 1 cup Miracle Whip
- $\frac{1}{2}$ cup sour cream
- $1\frac{1}{2}$ teaspoons prepared horseradish mustard (or use 1 teaspoon prepared mustard and $\frac{1}{2}$ teaspoon horseradish)
- Salt
- Celery seed
- $\frac{1}{3}$ cup diced cucumber

1. While the potato slices are still warm, pour the Italian dressing over them; toss gently to coat, then chill for 2 hours.
2. Add the celery and scallion.
3. Chop the egg whites and sieve or mash the egg yolks, reserving some yolk for garnish if desired. Combine the remaining sieved yolk with the Miracle Whip, sour cream, and horseradish mustard. Fold into the salad. Add salt and celery seed to taste.
4. Chill the salad for at least 2 hours.
5. Gently fold in the diced cucumber just before serving. Garnish with the reserved sieved yolk and sliced onion tops.