



PlumFresh Harvest Subscription

Season 7, Week 9
Saturday, June 25, 2022

Happy Summer Everyone!

And nothing says “Summer!” like fresh fruit – especially blackberries! We hope you have been enjoying these jewel-toned beauties – we sure have been! If you are feeling overwhelmed by them, we’ve got some tips on freezing along with some great recipes. Don’t pass on this opportunity to make some creative and delicious things with one of summer’s quintessential fruits!

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!

Just a reminder, **there will NOT be a bag next Saturday, July 2nd**. Since many members are on vacation, we decided to take a bit of a break and catch up on some farm tasks – and maybe take a nap or two!

This week’s menu includes:

- Blackberries – *Osage*
- Fresh Yellow Onions – *Scout*
- Summer Squash – *Tempest*
- Tomatoes -- *Galahad*

Regular Bags Only:

- Fresh Garlic – *Lorz Italian*
- Frissé OR Escarole

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.

- **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. It's good here for about 2-3 weeks. 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.
- **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?

- There are lots of baby squash in your bag this week. Try them raw in a salad (green salad or pasta salad) – oh so good!

We hope you enjoy this week's adventure in fresh, Organic and local food! Until July 9,



Recipes

FREEZING BLACKBERRIES

Wash and sort out any mushy ones. Let dry in colander for 10 minutes. Place them in an even layer on a large cookie sheet (with a lip) or any container you may have and put in freezer overnight until frozen. Then pack them into a freezer bag, removing the air, and seal.

BLACKBERRY FRO-YO

Source: AgriBerry Farm and CSA [Blackberry Fro-Yo - AgriBerry Farm - CSA - Virginia - Maryland](#)

Super easy, super creamy and utterly delicious!

- 3 cups fresh blackberries
- 3 cups Greek or well strained yogurt
- 1 can sweetened condensed milk

Instructions

1. In a blender, puree the blackberries and the sweetened condensed milk.
2. In a medium bowl, mix the puree with the yogurt.
3. Pour the mixture in to your ice cream maker (2 quart capacity or split the batches) and follow the manufacturer's directions.
4. Top with a scattering of fresh, whole berries and a sprig of fresh mint.

JULIA CHILD'S BERRY CLAFOUTIS

- Butter for pan
- 1 ¼ cups whole or 2 percent milk
- 2/3 cup granulated sugar, divided
- 3 eggs
- 1 tablespoon vanilla extract
- 1/8 teaspoon salt
- 1 cup flour
- 1 pint (2 generous cups) blackberries or blueberries, rinsed and well drained
- Powdered sugar in a shaker

Directions:

1. Heat oven to 350 degrees.
2. Lightly butter a medium-size flameproof baking dish at least 1 1/2 inches deep.
3. Place the milk, 1/3 cup granulated sugar, eggs, vanilla, salt and flour in a blender. Blend at top speed until smooth and frothy, about 1 minute.
4. Pour a 1/4-inch layer of batter in the baking dish. Turn on a stove burner to low and set dish on top for a minute or two, until a film of batter has set in the bottom of the dish. Remove from heat.
5. Spread berries over the batter and sprinkle on the remaining 1/3 cup granulated sugar.
6. Pour on the rest of the batter and smooth with the back of a spoon.
7. Place in the center of the oven and bake about 50 minutes, until top is puffed and browned and a tester plunged into its center comes out clean.
8. Sprinkle with powdered sugar just before serving. (Clafoutis need not be served hot, but should still be warm. It will sink slightly as it cools.)

FRESH BLACKBERRY SALSA

Source: Chef Colleen from AgriBerry Farm and CSA

<p>Prep Time 15 minutes</p> <p>Total Time 15 minutes</p> <p>Servings 5 people</p>
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This recipe is great in the summer when it's easy to get most of the ingredients locally and at their flavor peak. This salsa is great with corn chips, atop your next batch of tacos, or a lovely side or finishing touch for grilled meat and seafood.

It can be made and enjoyed right away, or stored in the fridge for up to five days, and the ratio of ingredients can be adjusted to whatever you have on hand. You can adjust the level of spiciness by increasing the amount of jalapeno to taste, or omitting it altogether.

Ingredients

- 2 cups Fully ripened tomatoes, diced 2-3 medium-sized ones
- 1 pint blackberries, halved or quartered Depending on size
- 2-3 tablespoons Red onion, minced -- Green, white or yellow onions are also fine
- 1-3 tablespoons Fresh cilantro, chopped
- 1-3 tablespoons Fresh basil. chopped
- ½ Jalapeno pepper, seeded and minced Optional

Instructions

1. Combine all ingredients in a bowl and mix. Taste and adjust seasonings as desired. Add salt and pepper to taste. Serve immediately, or cover and chill. Enjoy!

FROZEN BLACKBERRY BELLINI

Source: The Local Palate. Recipe from Miller's All Day, Charleston

[Frozen Blackberry Bellini | The Local Palate](#)



Serves: Makes 4 cocktails

Courtesy Image

Ingredients

- 3 ounces blackberry syrup
- 2 ounces lemon juice
- 4 ounces frozen peaches, diced
- 1 bottle prosecco
- Garnish: 1 lemon

For the blackberry syrup:

- 2 cups fresh blackberries
- 1 cup sugar
- 1 teaspoon lemon juice

Directions

For the blackberry syrup:

1. In a small saucepan, add blackberries, 1 cup water, sugar, and lemon juice. Bring to a boil over medium-high heat. Once boiling, mash berries until they reach a puree consistency. Remove from heat and rest for 10 minutes.
2. Pour mixture through a very fine strainer and into a storage container. Discard pulp.
3. Store syrup in refrigerator for up to one week.

For the cocktail:

1. Add all ingredients in blender and blend until smooth.
2. Garnish with fresh blackberries and a sliced lemon round.

MOM'S SQUASH CASSEROLE

Source: Irene Ferguson

This was always a favorite in my house growing up. My brother would always ask Mom to make this anytime he was coming over to eat during Squash Season and she always had to take this to dinner at his house. Definitely a more decadent spin on good ol' Summer Squash!

Squash Casserole

2 lbs. Cooked squash
1 Cup Sour Cream
1 Can Cream Chicken soup
1 Onion Chopped
1 sm. Carrot (grated)
1 pkg. Pepperidge Farm Herb
1 1/2 stick margarine (melted) dressing
salt + pepper to taste

Mix first 5 ingredients.
Pour melted margarine
over dressing and mix
together. Place crumbs in
bottom of casserole, squash
mixture. Sprinkle crumbs
on top. Bake at 350° for
30 min.

SPAGHETTI WITH CURLY ENDIVE & BALSAMIC VINEGAR

Categories: Main dish, Pasta, Vegetarian

Yield: 4 servings

- 1 lb Spaghetti
- 4 Garlic cloves, chopped
- 3 T Olive oil
- 1 Head Frissé (aka Curly Endive), trimmed & cut into bite-sized pieces
- 1 T Balsamic vinegar, or to taste
- Salt & pepper

Cook the spaghetti until it is al dente. Meanwhile, sauté 3 garlic cloves in about 2 T oil then quickly sauté the endive in this mixture. Add the vinegar, cook for a moment, then remove from the heat. Season with salt & pepper. Drain the pasta, toss with the remaining garlic & oil, then serve each portion topped with a big spoonful of the sautéed endive, adding extra vinegar if needed.

VARIATIONS: Add 6 oz cooked cannellini beans when you sauté the endive & season with a sprinkling of red pepper flakes if desired. Instead of endive, use 2 heads of radicchio or 1 head of escarole and follow the basic recipe above.

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.