



PlumFresh Harvest Subscription

Season 7, Week 10
Wednesday, July 13, 2022

Happy July! We hope you had a terrific holiday weekend – although that seems like it was a long time ago! We appreciate several of you sharing some of your holiday time with us at our Blackberry Pick Your Own on Monday, July 4th! It was a great day—folks took home oodles of berries (124 pounds!) and there were lots of kids with blackberry-stained faces. That always makes a farmer happy!

This is a very summer-y bag – blackberries, blueberries and sweet corn. Those sure scream “Summer!” to me! Check out the recipes below (as well as those in previous issues) to get some great ideas on making the most of these seasonal ingredients. We have some savory and sweet ways to use your fruit.

The blueberries and sweet corn in this week’s bag are from our farmer friends, J and Connee French at Felsbeck Farm. They are about 3 miles from us (near Camp Hanes) and we have been farmers market colleagues since we began our farm in 2009. Although they are not Organic, they do use sustainable growing practices. For their corn, they use non-GMO varieties and even work with the surrounding GMO corn farmers to coordinate planting schedules so as to reduce any potential of pollen contamination.

Another special treat is in this week’s bag – shallots! These are an heirloom variety that came to us from a farm in northern New Mexico. We bought a pound of them at the farmers market in Santa Fe in 2009 and have been growing them out ever since. Who knows how many pounds of shallots have come from that very modest beginning! This year’s crop has been exceptional – bigger bulbs and super easy to clean. There are some tips on preparing them in the “How Do I Use This Stuff?” section below. We hope you enjoy them!

This week’s menu includes:

- Blackberries – *Osage*
- Shallots – *Greeley*
- Shoots Mix – *Pea and Sunflower*
- Blueberries from Felsbeck Farm
- Sweet White Corn from Felsbeck Farm

Regular Bags Only:

- Swiss Chard – *Bright Lights and Silverado*
NOTE: This is the last of the crop for a while.
- Bunching Onions -- *Nabechan*

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 and Blueberries** 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

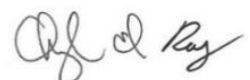
info: [Everything You Need to Know About Washing and Storing Berries | Martha Stewart](#) A note about the blackberries: you might see a tan-colored druplet (one of the “balls” that makes up the berry). The berry is okay – it is just a sunburn that causes the discoloration.

- **Shallots** have been cured and may be stored like garlic -- in a place with good air circulation, out of direct light. Do not store in the refrigerator!
- Refrigerate **Sweet Corn** as soon as possible with husks on. The longer you wait to eat it, the more sugar will turn into starch, and the corn will lose its sweetness.
- **Swiss Chard and Bunching Onions** store best in plastic bags in the crisper drawer

Things to Know + How do I use this stuff?

- You can eat **Sweet Corn** raw or cook it in the husks (try grilling it in the husk). Shuck the cob by pulling the husks down the ear and snapping off the stem. The silks will fall off as you cook the corn. Rinse under cold water. If you see a green worm, just cut out the damaged section — the rest of the cob is still edible! We’ve trimmed some of the ends that had worm damage or shriveled kernels.
- Here’s a tip on our **Shallots**: Leave the root end intact, so that the shallot hangs together while you slice, mince, or chop it. If you need to peel significant quantities of shallots for roasting, loosen their skins by immersing them in boiling water for 5 minutes. Remove from the water, then trim ¼ to ½ inch from both ends (this should include the neck and the root stub), and peel off the thin outer skin. This method works very well for the small shallots.
- Shallot Ideas: *from Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe*
 - Crispy deep-fried shallots are a highly popular topping on noodles, stir-fries, rice, fish, and other Asian dishes.
 - Shallots have a natural reddish-pink coloring between their layers. If you marinate bits of shallot in a little rice vinegar or white wine vinegar, the color ascends to a beautiful magenta and will provide an electric accent to, say, blanched green beans or fresh peas.
 - Use shallots in almost any preparation calling for onions; expect the resulting flavor to be richer, sweeter, more complex, and more subtle.
- **For the blueberries**, rinse them before using. Use them in pies, smoothies, yogurt parfaits, or in a green salad. Delicious eaten straight out of hand, blueberries are also perfect sprinkled over cereal, or added to desserts. Add to muffin and cake batters, make jam, or puree them with a bit of sugar, strain, and spoon the sauce over ice cream.
- **If you are feeling a bit overwhelmed with berries, freeze them for later!** The best way to freeze blueberries and blackberries is in a single layer so you don’t have a berry iceberg. Here are the steps: Wash and sort out the 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. Using this method, you can pour out the berries you want without having to chisel them out of a bag. Think how nice it will be to have fresh tasting berries in the middle of winter!

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



Recipes

SHALLOT SALAD DRESSING

Yields 1 cup

Source: Julia Wiley, Mariquita Farm, Watsonville, California, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Source Note: This is a super-easy dressing to make; you control the quality of the ingredients.

- 1-2 shallots, chopped
- 1 tablespoon Dijon mustard
- $\frac{1}{3}$ cup vinegar (we use champagne or sherry vinegar)
- Salt and freshly ground black pepper
- $\frac{3}{4}$ cup good olive oil

Whirl everything in a blender or food processor. Taste and adjust the seasoning, adding more of any of the ingredients to achieve the balance of flavors you prefer.

CORN, AVOCADO AND BLACK BEAN SALAD

Source: "Corn" by Tema Flanagan (UNC Press) via Michael Hastings, *Winston-Salem Journal* (7/4/2017)

Makes 4 to 6 servings

- Kernels from 2 cooked ears of corn
- 2 tomatoes, cored and chopped
- $\frac{1}{2}$ cup cherry tomatoes, halved
- $\frac{1}{2}$ cup canned black beans, drained and rinsed
- $\frac{1}{2}$ cup chopped cilantro
- $\frac{1}{2}$ medium onion, diced
- 1 to 2 jalapeños, seeded and minced (optional)
- Juice of 2 limes
- 2 tablespoons extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt
- Freshly ground black pepper to taste
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne
- 2 avocados, peeled and cut into cubes

1. Place corn, chopped tomatoes, cherry tomatoes, black beans, cilantro, red onion, and jalapeños, if using, into a mixing bowl. Stir to mix.
2. In a small bowl, whisk together the lime juice, olive oil, salt, black pepper, cumin and cayenne until incorporated. Pour the dressing over the salad and toss to mix. Add the avocado and gently toss to incorporate. Taste for seasonings and adjust as necessary before serving.

BLUEBERRY BBQ SAUCE

Source: Andrea Mathis in The Kitchn ([Blueberry BBQ Sauce Recipe \(Rich & Smoky\)](#) | [Kitchn \(thekitchn.com\)](#))

YIELD Makes about 2 1/4 cups

PREP TIME 10 minutes

COOK TIME 15 minutes

INGREDIENTS

- 1 medium Vidalia or sweet onion
- 3 cloves garlic
- 2 teaspoons olive oil
- 3 cups fresh or frozen blueberries
- 3 tablespoons liquid smoke
- 2 tablespoons agave nectar
- 2 tablespoons apple cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons molasses
- 1 tablespoon smoked paprika
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt, plus more as needed
- Freshly ground black pepper

1. Dice 1 medium Vidalia onion and mince 3 garlic cloves.
2. Heat 2 teaspoons olive oil in a large saucepan over medium heat until simmering. Add the onions and garlic and sauté until softened, stirring occasionally, about 6 minutes.
3. Add 3 cups blueberries, 3 tablespoons liquid smoke, 2 tablespoons agave nectar, 2 tablespoons apple cider vinegar, 2 tablespoons balsamic vinegar, 2 tablespoons molasses, 1 tablespoon smoked paprika, 1 teaspoon lemon juice, 1 teaspoon chili powder, 1/2 teaspoon kosher salt, and a few grinds of black pepper. Stir to combine. Reduce the heat to low and cook, stirring occasionally, until the sauce is slightly reduced and bubbling, 6 to 9 minutes.
4. Remove from the heat and let cool 15 minutes. Transfer the sauce to a blender and blend until smooth or blend directly in the saucepan with an immersion blender. Taste and season with more salt and pepper as needed.

RECIPE NOTES

Storage: Refrigerate the sauce in an airtight container for up to 5 days.

Source: Patty Catalano at The Kitchn [Classic Blueberry Buckle Recipe \(Easy, Old Fashioned Version\) | Kitchn \(thekitchn.com\)](https://thekitchn.com/Classic-Blueberry-Buckle-Recipe-(Easy,-Old-Fashioned-Version)-Kitchn-thekitchn.com)

PREP TIME30 minutes

COOK TIME 40 minutes to 45 minutes

For the buckle:

- 6 tablespoons (3/4 stick) unsalted butter
- Cooking spray
- 2 1/4 cups cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 3/4 cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup whole or 2 % milk
- 2 cups fresh blueberries (about 12 ounces), divided

- 4 tablespoons (1/2 stick) unsalted butter
- 1 medium lemon
- 1/2 cup granulated sugar
- 1/2 cup cake flour
- 1/4 teaspoon kosher salt
- 1/2 cup powdered sugar (optional)

1. **Cut butter into cubes and prepare the baking pan.** Cut 6 tablespoons unsalted butter into small cubes, then place in a stand mixer and let sit at room temperature to soften, about 15 minutes. (Alternatively, place in a large bowl if using an electric hand mixer.) Meanwhile, arrange a rack in the middle of the oven and heat the oven to 375°F. Coat an 8-inch square baking pan with cooking spray, then line with a parchment paper sling so that it hangs off two sides. Prepare the streusel.
2. **Melt the butter for the streusel.** Microwave 4 tablespoons unsalted butter in a small microwave-safe bowl in 10-second intervals until melted, about 40 seconds total.
3. **Zest the lemon and rub into the sugar for the streusel.** Finely grate the zest of 1 medium lemon (about 1 tablespoon). Reserve the zested lemon for the icing. Place the zest and 1/2 cup granulated sugar in a medium bowl, and rub together with your fingers until very fragrant and the consistency of wet sand.
4. **Make the streusel.** Add 1/2 cup cake flour and 1/4 teaspoon kosher salt to the lemon sugar and stir with a spatula until combined. Add the melted butter and stir until no flour remains and the mixture is crumbly. Freeze or refrigerate until chilled, 10 to 15 minutes.
5. **Mix the dry ingredients.** Place 2 1/4 cups cake flour, 2 teaspoons baking powder, and 1/2 teaspoon kosher salt in a medium bowl and whisk to combine.
6. **Cream the butter and sugar.** Add 3/4 cup granulated sugar to the stand mixer. Beat with the paddle attachment on medium speed until lightened in color, about 4 minutes. Scrape down the sides of the bowl.

Blueberry Buckle continued

7. **Make the buckle batter.** With the mixer on low speed, beat in 2 large eggs one at a time, waiting until the first is completely incorporated before adding the second. Add 2 teaspoons vanilla extract and beat until combined. Add half of the flour mixture and beat until mostly incorporated. Add 1/2 cup whole or 2% milk and beat until just combined. Scrape down the sides and bottom of the bowl. Return the mixer to low speed, add the remaining flour mixture, and mix until just combined. (The dough will be thick, so if using a hand mixer, mix in the remaining flour mixture by hand with a sturdy spatula.)
8. **Fold in the blueberries.** Add 1 cup of the blueberries and fold in by hand with a rubber spatula.
9. **Transfer to pan and add blueberries.** Transfer the batter to the prepared baking pan and smooth the top. Sprinkle the remaining 1 cup blueberries evenly onto the batter.
10. **Top with streusel.** Crumble the chilled streusel in large pieces evenly over the top.
11. **Bake the buckle.** Bake until the cake is lightly browned and a toothpick inserted into the center comes out clean, 40 to 45 minutes.
12. **Cool the buckle.** Place the pan on a wire rack and cool for 15 minutes. Grasping the parchment paper, remove the cake from the pan to the wire rack and let cool completely. Prepare the glaze, if desired.
13. **Make the lemon glaze.** Juice the reserved lemon (about 2 tablespoons). Place 1/2 cup powdered sugar in a small bowl, add 1 tablespoon of the lemon juice, and stir with a spatula until smooth. If needed, stir in 1 to 2 teaspoons more lemon juice until the glaze is a pourable consistency.
14. **Drizzle glaze over buckle and serve.** Drizzle the cooled blueberry buckle with the lemon glaze. Let sit until the glaze sets, about 15 minutes. Cut into squares and serve.

RECIPE NOTES

Storage: Tightly wrap in plastic wrap and keep at room temperature for up to 2 days.

BLACKBERRY-HONEY MUSTARD SAUCE

Source: [Blackberry-Honey Mustard Sauce Recipe | Southern](#)

[Living Photo Credit:](#) Hector Sanchez; Styling: Buffy Hargett Miller

Hands-On: 20 mins

Total: 1 hr 20 mins

Yield: Makes about 1 1/4 cups

You won't find another condiment as pretty as this tangy and sweet blackberry mustard.



Ingredients

- 1/3 cup sugar
- 1 (6-oz.) container fresh blackberries
- 1/4 cup honey
- 1 tablespoon dry mustard
- 3 tablespoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- 1/3 cup extra virgin olive oil

Directions

- **Step 1**

Bring first 2 ingredients to a boil in a small saucepan over medium-high heat, stirring occasionally and mashing berries with the back of a wooden spoon. Reduce heat to medium, and simmer, stirring often and mashing berries, 2 to 3 minutes or until slightly thickened. Remove from heat, and pour mixture through a fine wire-mesh strainer into a blender, pressing with spoon to release juices; discard solids.

- **Step 2**

Add honey and next 4 ingredients to blender; process on low 20 seconds. Increase blender speed to high, and process 30 seconds. With blender running, add oil in a slow, steady stream, processing until smooth. Transfer mixture to a small bowl; cover and chill 1 to 12 hours.

This sounds really interesting! And uses TWO items in this week's bag! One note from the comments was that several people thought that it was a bit too sweet, so they added less sugar the next time they made it.

| **Cooking**

Blackberry Corn Cobbler

By Jerrelle Guy

YIELD 8 servings

TIME 1 hour

This cobbler substitutes fresh, juicy kernels and corn milk for traditional heavy cream, taking advantage of the sweetness of seasonal corn and adding texture to a buttery crust. Grating two large ears of corn should produce enough liquid for the topping, but, if not, you can grate a third ear, or add cream or milk. The rich, crumbly crust also gets some of its moisture from the filling, which is extra syrupy from the mashed blackberries. Serve the cobbler warm with a splash of heavy cream, a dollop of coconut yogurt, or a scoop of vanilla ice cream. Finishing it all off with a drizzle of dark rum, while not necessary, is especially sweet.

INGREDIENTS

4 tablespoons/60 grams very cold unsalted butter (1/2 stick), cut into cubes, plus more for greasing the pan

2 pounds/905 grams fresh, ripe blackberries (about 6 1/2 cups), lightly mashed with a potato masher

1 cup/200 grams granulated sugar, plus more as needed

1 1/2 cups/190 grams all-purpose flour

2 tablespoons fresh lemon juice

1 teaspoon kosher salt

2 large ears sweet yellow corn

1/3 cup/50 grams finely ground yellow cornmeal

1 1/4 teaspoons baking powder

2 tablespoons heavy cream

4 teaspoons turbinado sugar, for sprinkling

PREPARATION

Step 1

Heat the oven to 375 degrees and grease the inside of a 9-by-9-inch square casserole dish with butter.

Step 2

In a medium bowl, toss the mashed blackberries with 1/3 cup granulated sugar, 1/4 cup flour, the lemon juice and 1/4 teaspoon salt. Taste and add additional sugar, if necessary. Transfer the mixture to the baking dish in an even layer and set aside.

Step 3

Using a box grater, grate the corn over a bowl to collect its meat and milk; discard the corn cobs or reserve for another use (<https://cooking.nytimes.com/recipes/1016753-corn-risotto>). Transfer corn mixture to a liquid measuring cup. (The grated corn mixture should measure a healthy 3/4 cup; if not, supplement with extra corn, heavy cream or milk.) Set aside.

Step 4

In a large bowl, whisk together the remaining 1 1/4 cups flour, 1/3 cup granulated sugar with the cornmeal, baking powder and 3/4 teaspoon salt. Add the cubed butter, separating the cubes and tossing them individually to coat. Pressing the bits of butter between your thumb and the side of your index finger, break up the butter into the flour until evenly dispersed and butter pieces are roughly the size of peas.

Step 5

Slowly pour the grated corn over the flour mixture, and, working gently with your hands, begin tossing everything together until the ingredients form a cohesive dough. Crumble the batter over the surface of the berries, and using a pastry brush, brush the top generously with the heavy cream. Sprinkle the batter evenly with the turbinado sugar.

Step 6

Place the baking dish on a sheet pan to catch any potential overflow, transfer to the oven and bake until the crust is golden and the blackberries are bubbling and thick, 35 to 40 minutes. Allow to cool at least 10 minutes before serving.

REAL SIMPLE

REAL SIMPLE

Sheet Pan Pavlova With Berries and Mangoes

★★★★★

Serve this stunning and easy dessert at your next summer party.

Hands-On: 20 mins

Total: 4 hrs 45 mins

Servings: 16



Greg DuPree

Ingredients

8 large egg whites, at room temperature

¼ teaspoon cream of tartar

2 cups plus 3 Tbsp. granulated sugar, divided

1 teaspoon pure vanilla extract

1 pound mixed fresh berries (3 to 4 cups)

2 medium mangoes, peeled and chopped (2 cups)

2 cups heavy cream

½ cup sour cream

¼ cup confectioners' sugar

torn fresh mint leaves, for serving

Directions

Step 1

Preheat oven to 250°F. Line a large rimmed baking sheet with parchment paper.

Step 2

Beat egg whites and cream of tartar in a large bowl with an electric mixer until soft peaks form, about 2 minutes. With mixer on high speed, add 2 cups granulated sugar in a slow, steady stream. Beat until egg whites are stiff and sugar is dissolved, about 8 minutes. Add vanilla, beating until just combined, about 20 seconds. Spread meringue on prepared baking sheet in a fairly even layer, almost covering entire baking sheet.

Step 3

Bake meringue until firm, about 2 hours. Turn off oven and let meringue cool in oven for 2 hours. Remove from oven and let cool completely on baking sheet, about 15 minutes.

Step 4

Stir together berries, mangoes, and remaining 3 tablespoons granulated sugar in a large bowl. Let stand, stirring often, until juicy, about 10 minutes.

Step 5

Beat heavy cream, sour cream, and confectioners' sugar in a large bowl with an electric mixer on high speed until stiff peaks form, about 2 minutes. Spread whipped cream mixture evenly over cooled meringue. Top evenly with berry-mango mixture; top with mint.