



PlumFresh Harvest Subscription

Season 7, Week 11
Saturday, July 16, 2022

As usual, another busy week here at the farm. We've been clearing out all our remaining brassicas (kale and cabbage) in an effort to reduce pest pressure for the remainder of the season. We've been advised that if you don't have brassicas in the field in July, that will help reduce harlequin bugs and other pests that love to munch on those tasty leaves. Hey, we are all for it!

But while we are composting the brassica greens and feeding the cows and sheep with kale, we are also seeding those same things for our fall crop. It's kind of crazy the way the schedule works. Seeding in July is usually a brutal task – you have to start really early and get out of the greenhouse before you succumb to heat exhaustion. We caught a bit of luck this week with a cool, cloudy Monday morning for that task. Happy Farmer Cheryl! 😊

We do wish there are a trick as simple as the brassica one to eliminate deer pests. We are in fits around here trying to keep them out of the sweet potatoes and strawberries. Thousands of dollars in time and materials have gone into fighting them and sometimes it feels like we just can't win. We can control them in some areas but not others. Whack-a-mole – or Elmer Fudd. To say the situation is frustrating doesn't even begin to address it... We like to give you a sense of both the good and bad elements of farming, so you'll have a better understanding of what it takes to grow your food.

Let's talk about what's in your bag! Blackberries are done for 2022. 😞 It's hard to believe, but our flood of berries has slowed to a trickle. In fact, we were short on blackberries for today's bags! How did this happen when we had SO many berries just 10 days ago! Well, the *Osage* have finally played out and the *Triple Crown* has a pretty small crop this year. The *Triple Crown* planting is aging out – it is almost 9 years old – so production has really slowed down. We keep debating whether we are going to replace the entire planting or just go with the *Osage* variety since we now know it is so productive.

This week's menu includes:

- Blackberries – *Osage* and *Triple Crown* – NOTE: some of you may have gotten only blueberries since our harvest quantity was short.
- Bunching Onions -- *Nabechan*
- Blueberries from Felsbeck Farm
- Sweet White Corn from Felsbeck Farm

Regular Bags Only:

- Green Beans from Farmer Kip Grabs – *Jade*
- Heirloom Apples – *Summer Red Pippin*
- 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!
- **Green Beans** have not been washed and are a bit gritty after the rains this week. Please wash them just before cooking. They are best stored in a plastic bag in the fridge crisper drawer.
- **Apples** store best in a plastic bag in the crisper drawer – keep them good and cold. They absorb odors, so keep them away from strong smelling items like onions or garlic.
- 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.
- **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.
- **Bunching Onions** store best in a plastic bag in the crisper drawer. Cold is good!

Things to Know + How do I use this stuff?

- A note about the **apples**: these apples are from a tree planted by Cheryl's Daddy more than 40 years ago. The apples have not been sprayed with anything – not even organic pesticides. As a result, you may find a worm – and there are definitely spots on the apples. Perfect tree fruit is difficult (impossible?) to grow without some pretty nasty pesticides. We figure that you can tolerate those spots and blemishes for a fruit you can feel good about feeding to your family. Chop 'em up and use them in a salad or have ol' timey fried apples! See recipe below.
- 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.
- **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, local food!



Recipes

Here's a trick to cut the kernels off the cob: Place a small bowl upside down inside a larger bowl, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base. The kernels stay in the bowl – neat and easy-peasy!

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
 - ½ cup cherry tomatoes, halved
 - ½ cup canned black beans, drained and rinsed
 - ½ cup chopped cilantro
 - ½ medium onion, diced
 - 1 to 2 jalapeños, seeded and minced (optional)
 - Juice of 2 limes
 - 2 tablespoons extra-virgin olive oil
 - ¾ teaspoon salt
 - Freshly ground black pepper to taste
 - ½ teaspoon ground cumin
 - ¼ 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.

CORN SALSA

Source: Amy Chen, Featherstone Farm CSA member, as appears in Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Makes about 2 cups

Source Note: This is a great summer dish for all those family potlucks. Feel free to vary the proportions of any of the ingredients listed here, based on what's in your CSA box or your garden. This combo works great, but there are almost endless possibilities for making fresh, colorful salsas.

- 2 tablespoons good-quality olive oil
- 1 tablespoon red wine vinegar (or use fresh lime juice)
- 1 cup grilled corn, removed from the cob
- 2 grilled serrano peppers, chopped fine
- 1 large ripe tomato, diced
- Fresh basil leaves, chopped roughly
- Freshly ground black pepper
- Salt

Whisk the olive oil slowly into the vinegar. Add everything else. Mix and refrigerate until well chilled. This salsa is great on many things (with chips, pita, hummus, grilled veggies, and meat) or all by itself.

PGF Note: A slight variation of this salad is in our standard rotation during corn season – although it could be made with frozen corn kernels as well. This salad can easily be made with canned black beans (if you forget to cook them fresh!) We do a variation of this using apple cider vinegar instead of lime juice. A chopped jalapeño is a nice addition for a bit of extra heat and brightness. We like to serve this over rice for a complete vegetarian protein with the black beans. Have fun experimenting with this!

Black Bean, Corn and Tomato Salad



Recipe courtesy of Food Network Kitchen

Total: 2 hr 10 min

Prep: 10 min

Cook: 2 hr

Ingredients:

1 pound dried black beans
4 plum tomatoes, chopped
Salt
2 cups corn kernels
1/2 red onion, chopped
1 bunch cilantro, chopped
Juice of 1 lime
1/4 cup olive oil
Pepper
Cayenne

Directions:

In large pot cover beans with cold water. Bring to a boil. Remove from heat, cover, and let sit for 1 hour. Drain beans and add fresh water to completely cover. Bring to a boil and simmer for 1 hour until beans are tender. Drain. In a serving bowl toss tomatoes with salt and set aside for 10-15 minutes to bring out juices. Add beans, corn, and onion and mix well. Add cilantro, lime juice and oil. Stir to coat. Season with salt, pepper and cayenne to taste. Serve immediately, or set aside for 30 minutes for flavors to intensify.



FRIED APPLES AND ONIONS

Here's a savory approach to preparing your heirloom apples – it's an old German recipe. Since the recipe calls for large apples, use 2 of our smaller apples instead. Also, the fresh shallots you received this week will work well in the place of onions.

Source: Grandpa's Orchard -- (<https://www.grandpasorchard.com/index.cfm/fuseaction/recipes.detail/recID/33/index.htm>)

Ingredients

- 6 large tart apples
- 2 onions
- 2 Tbsp butter or bacon drippings
- 1 tsp salt
- ½ tsp paprika
- ½ cup sugar

Directions

1. Wash and core apples. Cut in thick slices, unpeeled.
2. Wash, peel, and slice onions. Heat butter or drippings in heavy fry pan.
3. Spread layer of onions in the hot fat. Cook slowly for 5 minutes. Season with salt and paprika. Cover with a layer of apples & season with sugar and salt.
4. Cover pan until steaming, then lower heat and cook 10 minutes, or until apples are nearly tender. Add additional butter or a little hot water if needed.
5. Uncover and continue cooking.

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.