



PlumFresh Harvest Subscription

Season 7, Week 11
Wednesday, August 3, 2022

We're back! We are happy to be back in your kitchen again with some great summer produce for you to enjoy. Thank you for understanding our break. It was very helpful to be able to get a LOT of stuff done. Nearly all of our fall crops are seeded and are growing beautifully. They will be planted into the fields in the next couple of weeks. We were also able to get a LOT of weeding, mowing and clearing of beds done – whew! But it feels SO good to have these tasks taken care of. Thanks for your patience!

Looking ahead to veggies and fruit on the horizon, there's a lot! Our tomatoes are starting to ripen and will be pouring in VERY soon. We've got over 400 plants so that will be a lot of picking – but delicious! There will be a nice mix of slicers, saladettes, fruits (cherry, pear) and paste tomatoes for you to explore. Are you up to the challenge? There are also peppers – sweet, hot, and in-between – heading your way. Eggplant, okra, Summer Spinach, lettuce and more as well. Sound good? We think so!

Let's talk about what's in your bag this week. One of our tasks during the break was potato harvest and we are sharing some of that with you this week! You've got some delicious LaRatte fingerling potatoes – always a favorite!

Another item in your bag is tomatoes. So, here's the deal – we were planning on tomatoes from Felsbeck Farm but unfortunately his crop seems to have some sort of nutritional issue that causes a larger core and some white edges inside the tomato. These tomatoes are great for cooking but probably aren't the best for sandwiches. We still had the last of our Galahad tomatoes that are very ripe and tasty that we are using in place of some of Felsbeck's. However, we wanted you to have some cooking tomatoes, so you are getting a larger portion of those. The net is that you are getting approximately an extra half-pound of tomatoes this week.

This week's menu includes:

- Fingerling Potatoes – *LaRatte*
- Sunflower and Pea Shoots Mix
- Tomatoes – *Galahad*
- Blueberries from Felsbeck Farm
- Tomatoes from Felsbeck Farm – *Big Beef*

Regular Bags Only:

- Heirloom Apples – *Summer Red Pippin*
- Garlic – *Chesnok Red*

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!
- **Tomatoes** belong on the counter – not in the refrigerator!
- **LaRatte Fingerling potatoes** need to be stored in a cool, DARK place. More than any other potato we grow, LaRattes have a tendency to turn green when exposed to light. Vampire potatoes!
- **The Shoots Mix** will keep well in the fridge in its bag. Please wash and spin dry the shoots before eating!
- **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.
- **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.

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 (but we kept the birds and the bees!). 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.
- **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 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! Until next week,



Recipes

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.

GARLIC-ROASTED FINGERLING POTATOES WITH BUTTERMILK DRESSING

Serves 6

Source: <http://www.wholefoodsmarket.com/recipe/garlic-roasted-fingerling-potatoes-buttermilk-dressing>

Try roasting the potatoes on a grill – make a pan out of foil and place it directly on the grill. You may need to adjust cooking time since the heat will be more intense. Use a cookie sheet to slide the foil pan on and off the grill.

Ingredients:

- 2 lb fingerling potatoes, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil
- 1/4 cup white wine
- 2 teaspoons coarse sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon minced fresh thyme leaves
- 1 clove garlic, finely minced

Buttermilk Dressing

- 1/2 cup buttermilk
- 1/4 cup plain nonfat Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon honey
- 1 tablespoon minced fresh chives
- 1 tablespoon minced fresh dill
- 1 tablespoon minced fresh mint
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

1. Preheat the oven to 400°F. In a large bowl, combine potatoes, oil, wine, salt, pepper and thyme. Toss well.
2. Arrange potatoes in a single layer on two large-rimmed baking sheets. Cover tightly with aluminum foil and cook 15 minutes. Remove the foil and continue to roast potatoes until golden brown, about 30 minutes more.
3. Remove both baking sheets from the oven and toss potatoes with minced garlic. Place potatoes back in the oven and cook for another 10 minutes until deep golden brown and garlic is fragrant (but not burnt).
4. Meanwhile, combine all dressing ingredients in a small bowl, whisking until well combined. Spoon dressing over potatoes and serve.

OLD-FASHIONED TOMATO PIE

Source: Iain Bagwell, Southern Living [Southern Living's Old-Fashioned Tomato Pie Is My Absolute Favorite | Southern Living](#)

Hands-On: 50 mins
Total: 3 hrs 25 mins
Yield: 6 to 8 servings

You may have your own favorite Tomato Pie recipe – but if not, Southern Living provides a classic way to make this quintessential summer dish. And if you do have a favorite recipe, please share!!

Notes from author: *Making a tomato pie is a labor of love. If you're an overachiever in the kitchen (I am not), it all begins with rolling out a homemade crust. Of course, there's the slicing, the draining, the seasoning, the flipping, the seasoning, the draining. But every tiny step in the tomato pie journey yields some sort of gratification. Whether it's seeing all those perfectly ripe tomatoes lined up on kitchen towels, or the savory pastry smell wafting from the oven as it cooks, tomato pie is one of those Southern dishes that's just got something special about it.*

Of all the tomato pies I've enjoyed making over the years, our Old-Fashioned Tomato Pie is second to none. As I've mentioned, I'm not one to take the time to roll out a homemade crust. Holding true to my store-bought-will-suffice attitude, I make this pie using a good old refrigerator-section, grocery store crust as the base. Do I think you should go ahead and make the from-scratch dough the recipe calls for? Absolutely, but I can't say that all will be lost if you don't. So just figure out where your priorities lie and never let anyone make you feel bad for cutting corners—well, most of the time.

Once the pie crust has been pre-baked, the filling comes together simply by piling in thinly sliced fresh tomatoes that have been drained on paper towels and seasoned. I typically let them drain for quite a while, much longer than the 10 minutes the recipe calls for. It keeps my pie from getting too runny. Once they're all nestled in, it's time for the topping—and it's a decadent one. A mixture of Gruyere and Parmigiano-Reggiano cheeses with an array of herbs (whatever I have on hand, but typically chives and basil), plus a little mayo for good measure, is spread on top. As the pie bakes, the top and corner bits crisp while the creamy, cheesy topping somehow manages to melt into the layers of tomatoes. It is de-vine.

It's going to be so very tempting, but you need to let this pie sit for a minute before serving. And by a minute I mean no less than 10 or else your pie filling might run all over your plate. Top each serving with a little sprinkle of fresh chives or chopped basil. It's truly what my Sunday family dinner dreams are made of, and I hope you'll find the same to be true.

Ingredients

PIECRUST (If you choose to make your own – store-bought works too)

- 1 1/4 cups all-purpose flour
- 1/4 cup cold vegetable shortening, cut into pieces
- 4 tablespoons cold unsalted butter, cut into pieces
- 1/2 teaspoon fine sea salt
- 3 to 4 Tbsp. ice-cold water

OLD-FASHIONED TOMATO PIE continued

FILLING

- 2 1/4 pounds assorted heirloom tomatoes, thinly sliced
- 1 1/4 teaspoons kosher salt, divided
- 1 sweet onion, chopped
- 1 1/4 teaspoons freshly ground pepper, divided
- 1 tablespoon canola oil
- 1/2 cup assorted chopped fresh herbs (such as chives, parsley, and basil)
- 1/2 cup freshly grated Gruyère cheese
- 1/2 cup freshly grated Parmigiano-Reggiano cheese
- 1/4 cup mayonnaise

Directions

1. Prepare Piecrust: Process first 4 ingredients in a food processor until mixture resembles coarse meal. With processor running, gradually add 3 Tbsp. ice-cold water, 1 Tbsp. at a time, and process until dough forms a ball and leaves sides of bowl, adding up to 1 Tbsp. more water, if necessary. Shape dough into a disk, and wrap in plastic wrap. Chill 30 minutes.
2. Unwrap dough, and place on a lightly floured surface; sprinkle lightly with flour. Roll dough to 1/8-inch thickness.
3. Preheat oven to 425°. Press dough into a 9-inch pie plate. Trim dough 1 inch larger than diameter of pie plate; fold overhanging dough under itself along rim of pie plate. Chill 30 minutes or until firm.
4. Line piecrust with aluminum foil; fill with pie weights or dried beans. (This will keep the crust from bubbling up.) Place on an aluminum foil-lined baking sheet.
5. Bake at 425° for 20 minutes. Remove weights and foil. Bake 5 minutes or until browned. Cool completely on baking sheet on a wire rack (about 30 minutes). Reduce oven temperature to 350°.
6. Prepare Filling: Place tomatoes in a single layer on paper towels; sprinkle with 1 tsp. salt. Let stand 10 minutes.
7. Meanwhile, sauté onion and 1/4 tsp. each salt and pepper in hot oil in a skillet over medium heat 3 minutes or until onion is tender.
8. Pat tomatoes dry with a paper towel. Layer tomatoes, onion, and herbs in prepared crust, seasoning each layer with pepper (1 tsp. total). Stir together cheeses and mayonnaise; spread over pie.
9. Bake at 350° for 30 minutes or until lightly browned, shielding edges with foil to prevent excessive browning. Serve hot, warm, or at room temperature.
10. Let cool for at least 10 minutes. Slice and top with fresh herbs.

HOMEMADE SALSA

Source: Love and Lemons [Homemade Salsa Recipe - Love and Lemons](https://www.loveandlemons.com/homemade-salsa-recipe/)

Prep Time: 10 mins
Serves 4

This fresh salsa recipe is super zesty and bright! Serve it as a dip with tortilla chips, or pile it onto tacos, burritos, and more.

Ingredients

- ¼ white onion, rinsed, dried, and coarsely chopped
- 1 garlic clove, chopped
- 1 pound Roma or other small tomatoes, cut into large chunks
- 1 jalapeño, chopped (seeds removed, optional)
- ¼ cup cilantro
- Juice and zest of 1 lime
- ½ teaspoon sea salt
- ¼ teaspoon cumin
- Pinch of sugar

Instructions

1. In a food processor, combine the onion and garlic. Pulse until well chopped.
2. Add the tomatoes, jalapeno, cilantro, lime juice, lime zest, salt, cumin, and sugar. Pulse until combined but still chunky.
3. The consistency of this salsa varies depending on the water content of the tomatoes. If it's too watery, strain half to remove some of the liquid. Combine the chunky strained mixture with the remaining salsa. If you still prefer a chunkier texture, strain out more of the liquid to reach your desired consistency.

PANZANELLA BREAD SALAD RECIPE

Source: https://www.simplyrecipes.com/recipes/panzanella_bread_salad/

As you cut the tomatoes, remove some of the seeds and liquid. Your panzanella will be juicy enough. Leave the crusts on the bread chunks; they will stay chewier and give the panzanella more substance.

- 4 cups tomatoes, cut into large chunks
- 4 cups day old (somewhat dry and hard) crusty bread (Italian or French loaf), cut into chunks the same size as the tomatoes*
- 1 cucumber, skinned and seeded, cut into large chunks
- 1/2 red onion, chopped
- 1 bunch fresh basil, torn into little pieces
- 1/4 to 1/2 cup good olive oil
- Salt and pepper to taste

Mix everything together and let marinate, covered, at room temperature for at least 30 minutes, up to 12 hours. Do not refrigerate or you will destroy the texture of the tomatoes. Serve at room temperature. Yields 6-8 servings.

***NOTE** *If you don't have hard old bread sitting around, you can take fresh crusty bread, cut it into big cubes, lay the cubes out on a baking sheet, and put in a 300°F oven for 5-10 minutes, until the outer edges have dried out a bit (not toasted, just dried). If you use fresh bread without doing this, the bread may disintegrate into mush in the salad.*

Peach & Blueberry Crumbles



Recipe courtesy of Ina Garten

From: Food Network Magazine



I usually make a shopping list before I head to the store: I decide what to cook while I'm still at home, then I write down everything I need. But sometimes, I like to shop with just the framework for a recipe in mind; that way I can let the ingredients at the farm stand or grocery store tell me what to make. This fruit crumble is the perfect example: In the summer, when peaches are ripe and freshly picked, I love to use peaches and blueberries. And then in the fall, I follow the same basic recipe to turn out a delicious apple crumble. Warm fruit, a scoop of vanilla ice cream, and everyone is happy!

Level: Easy

Total: 1 hr

Active: 20 min

Yield: 5 to 6 servings

Ingredients:

For the Fruit:

- 2 pounds firm, ripe peaches (6 to 8 peaches)
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 cup fresh blueberries (1/2 pint)

For the Crumble:

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/4 cup light brown sugar, lightly packed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 1/4 pound (1 stick) cold unsalted butter, diced

Directions:

- 1 Preheat the oven to 350° F.
- 2 Immerse the peaches in boiling water for 30 seconds to 1 minute, until their skins peel off easily. Place them immediately in cold water. Peel the peaches, slice them into thick wedges and place them in a large bowl. Add the lemon zest, lemon juice, granulated sugar and flour. Toss well. Gently mix in the blueberries. Allow the mixture to sit for 5 minutes. Spoon the mixture into ramekins or custard cups.
- 3 For the topping, combine the flour, granulated sugar, brown sugar, salt, cinnamon and the butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until the butter is the size of peas. Rub the mixture with your fingertips until it's in big crumbles, then sprinkle evenly over the fruit. Place the ramekins on a sheet pan lined with parchment paper and bake for 40 to 45 minutes, until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.



Cook's Note

If you want to make these early, store the unbaked crumbles in the refrigerator and bake before dinner.

Photograph by Mike Garten

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PGF Note: Did you freeze any of your corn? If so, you are set for a garden-fresh salad! 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.

