



## *PlumFresh* Harvest Subscription

Season 7, Week 14  
Saturday, August 20, 2022

What a lovely week it has been! Pleasant temperatures and lower humidity have made for a glorious few days. It sure doesn't feel like August – but I'll take it! I know that we will have many more scorching days ahead, though so I'm not thinking we are done with the heat.

Unfortunately, we haven't been able to take full advantage of these pleasant days this week. We have been stuck inside pulling together paperwork for our annual Organic inspection which was on Thursday.

That's okay -- these records are really important to have. Farmers should know what they plant and when, where the seeds came from, what was harvested and when, and where it was sold. Seems pretty basic, right? Yes! But you would probably be surprised how many farmers don't know these basic indicators.

This was our 13<sup>th</sup> inspection, but we still always get nervous and want to make sure that everything is in order. Gotta ace that test! Our farm, although it is very small, is very complicated. We grow lots of different crops along with transplants and do some processing of products (i.e. garlic powder). Our inspectors tell us that it takes as long to audit us as it does a farm with hundreds of acres of one or two crops such as soybeans or corn. Our audit takes about 4-5 hours and reviews all our documentation as well as physically inspects every field and building.

People frequently ask us why we choose to be Organic and go through the extra effort and cost to be certified. To us it is an important part of our commitment to organic agriculture. We wish more farmers shared this dedication. If farmers say they support organic principles and growing practices, then why don't they step up to the plate to truly commit to those principles?

It is very sad that we are the only Organic vegetable farm in either Stokes or Forsyth Counties. We frequently hear people talk about "all of those organic farms at Cobblestone" but in fact, we are the only one.

We are proud to have earned the privilege to show the USDA Organic seal on our products. We have worked hard to earn it. And we greatly appreciate your support of our farm and our commitment to Organic agriculture.

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Okay! Let's talk about this week's bag! Tomatoes!!!! They are really starting to roll in! Our fruit and saladette tomatoes are such great flavor bombs – perfect for salads, roasting, or grabbing as you walk by a bowl sitting on your kitchen counter. There are some highly curated varieties in this mix – there are some Tomato Tasting winners (looking at you Chocolate Drop and Cherry Blossom) as well as Farm favorites (Red Pearl and Lolipop) and so much more!

Slicers are in the Regular bag this week and you have some amazing heirloom varieties as well as “Hylooms” (hybrid heirlooms such as Martha Washington which is like an improved German Johnson). Although they may not look perfect, their flavor MORE than makes up for what they have going on in the looks department. Small Bag members, don’t despair! We’ll have plenty of slicers for you next week!

Small Bag folks, you get those amazing figs this week. We hope you enjoy their sweet aroma and flavor – such a fleeting delight!

Another Winter Squash this week from Farmer Kip – Acorn Squash. These are great halved and roasted with a bit of olive oil and salt. You can scoop them out and use the flesh with grains (farro, rice) or just by themselves. A little feta cheese never hurts, either! Just a note: Kip was short on some of his acorn squash, so a few of you may have gotten spaghetti squash instead, Sorry for the change but that's farming!

Here's the overview: this week's menu includes:

- Fruit Tomatoes Mix – *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*; Saladettes: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee, Pink Bumble Bee*
- Acorn Squash (or Spaghetti Squash) from Farmer Kip Grabs
- Garlic -- *Music*
- Potatoes – *Plum Gold*

Small Bags Only:

- Figs – *LSU Purple*

Regular Bags Only:

- Slicer Tomatoes -- *Franchi Red Pear, Martha Washington, Pink Berkley Tie Dye, Ken's New Zealand*
- Member Choice

### 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!
- **Acorn and Spaghetti Squash** should be stored in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Neither of these squash are long keepers. Under the best conditions, they should keep for 2½ months. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Potatoes and Garlic** should be stored in a PAPER BAG in a cool, dark place. Don't store in the refrigerator or in a plastic bag.
- **Figs** are extremely fragile! They won't last long in your fridge. I learned this tip on storing figs from Lifehacker, who found it in Cook's Illustrated: store them upright in an egg carton, each nestled in its own cup. I tried this with 10 fresh figs and found mold on only *one* of them three days later; ordinarily, most of them would have been disgustingly mold-covered by then. Caveat: out of an abundance of caution I always eat the ripest, most bruised ones first, but an entire week later, the remaining figs were all still viable, a phenomenon I'd never experienced previously. Here's the link to the article: [How to Store Fresh Figs So They Really Last \(lifelife.com\)](http://lifelife.com/2012/01/10/how-to-store-fresh-figs-so-they-really-last/)

## Things to Know + How do I use this stuff?

- To bake Acorn Squash, slice in half lengthwise, scoop out seeds, drizzle olive oil on the edges and center and place facedown on cookie sheet lined with parchment paper. You can also put them in a baking pan filled with about 1/2 inch of water. Bake at 400 degrees for 45

minutes until shells are soft and starting to collapse. Remove from shells, and fill with butter, brown sugar, maple syrup, seasoning or fillings. You can also boil squash or steam it.

- Spaghetti Squash is super easy to cook in the microwave. It takes about 20 minutes, depending on the size of the squash. Make sure that you prick the squash with a fork so that it can steam – and not explode – in your microwave. Microwave in 5-minute increments and take it out to check doneness and to rotate the dish. See more cooking tips in the Recipes section.

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



## Recipes

### HOW TO COOK SPAGHETTI SQUASH – one method

Source: [www.thespruceeats.com/how-to-cook-spaghetti-squash](http://www.thespruceeats.com/how-to-cook-spaghetti-squash)

- Heat the oven to 375 F.
- Prick the spaghetti squash all over with a metal skewer or fork so it will not burst while baking.
- Place whole squash in a shallow baking pan.
- Bake for 1 hour.
- Let baked spaghetti squash cool until it can be handled.
- Cut it in half lengthwise with a serrated knife.
- Scoop the seeds and fibrous strings from the center of each half of cooked spaghetti squash.
- Discard the seeds and strings or save for composting.
- Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands.
- Continue until you have as many "noodles" as you can get. Use in a recipe.

### FOOD NETWORK'S METHODS: OVEN, MICROWAVE, INSTAPOT

[How to Cook Spaghetti Squash Three Ways](#) | [Cooking School](#) | [Food Network](#)

Great tips on 2 ways to use the oven, essential information on microwaving and using an Instapot!

<b>YIELD:</b> 4 entree servings
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## SPAGHETTI SQUASH WITH BASIL, GARLIC AND CAPERS

### INGREDIENTS

- 1 spaghetti squash
- 2 T. extra virgin olive oil
- 3 small cloves garlic, minced
- 2 T. capers, drained and rinsed
- 1/4 c. parmesan cheese
- Salt
- 1/2 t. pepper
- 1 T. basil, chopped

### PREPARATION

1. Prick spaghetti squash and place in a covered microwaveable dish. Microwave 6-8 minutes or until soft. Let cool and cut in two. Remove seeds. Use a fork and pull squash from peels.
2. Heat olive oil in a sauté pan. Sauté garlic until soft (about 1 minute).
3. Add squash and capers and stir. Season with salt and pepper. Heat for 1-2 minutes more.
4. Add cheese and basil. Remove from heat and serve.

## GREEK LEMON POTATOES

Serves 6 to 8

Source: <https://www.thekitchn.com/greek-lemon-potatoes-recipe-23088983>

*I saw a post of this dish on Instagram and knew that I had to get the recipe. If you want the terrific backstory to the recipe, check out the link. There's a true secret ingredient in the mix – can you figure out what it is? Although this recipe calls for Yukon Gold potatoes, German Butterball will fit the bill VERY nicely! Here's to giving it a whirl!*

**PREP TIME:** 10 minutes      **COOK TIME:** 1 hour 15 minutes to 1 hour 20 minutes

### INGREDIENTS

- Cooking spray
- 4 cloves garlic
- 1/2 cup freshly squeezed lemon juice
- 1/3 cup olive oil, preferably Greek
- 1/4 cup yellow mustard
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 2 pounds Yukon Gold potatoes (Plum Gold will work very well, too – you have 2 lbs.)
- 1/2 cup water

### INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat the oven to 425°F. Coat a 9x13-inch baking dish with cooking spray.
2. Coarsely chop 4 garlic cloves and place in a large bowl. Add 1/2 cup lemon juice, 1/3 cup olive oil, 1/4 cup yellow mustard, 2 teaspoons dried oregano, 1 teaspoon kosher salt, and several grinds of black pepper, and whisk to combine.
3. Cut 2 pounds Yukon Gold potatoes into 1-inch thick wedges, add to the bowl, and toss to combine. Pour everything into the baking dish and spread into an even layer. Pour 1/2 cup water over the potatoes. Cover the baking dish tightly with aluminum foil.
4. Bake until the potatoes are fork tender, about 1 hour. Uncover and bake until the liquid is evaporated, and the potatoes begin to brown, 15 to 20 minutes more.

## TORTILLA ESPAÑOLA

*This recipe comes from our friends from Piemonte Provisions, Sandra Sarlinga and Fabian Lujan. They are originally from Argentina. This is their version of Tortilla Española, a staple in Spanish cooking and tapas culture. Some people cut the potatoes in thin slices, others shred cooked potatoes. Shredded potatoes are the traditional approach for Argentinian tables. This is typically a side dish for lunch or dinner, but Sandra thinks that for American cooking it might be more of a brunch item rather than an entire meal.*

### Ingredients

- 1/2 cup olive oil
- 2 pounds baking potatoes, peeled and cubed (the Bintje potatoes in this week's bag work great!)
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 5 eggs
- 3 ounces bacon chopped (optional)
- ½ cup of shredded parmesan cheese (optional)
- 1 tablespoon chopped fresh Italian parsley

### Directions

1. Heat 1/2 cup olive oil in a large skillet over medium-low heat. Add half of the potato slices, and cook, stirring occasionally, until just tender, around 15 minutes. When done, remove potatoes to a large bowl, leaving oil in the skillet. Cook the remaining potatoes in the oil until tender, then add to the bowl. Gently toss potatoes with salt and pepper to taste. Reserve the oil in the skillet.
2. Meanwhile, heat 2 tablespoons olive oil in a skillet over medium heat. Stir in onions, and chopped bacon, gently cook until golden brown.
3. Whisk eggs in a large bowl until smooth. Add to the eggs salt and pepper to taste, add ½ cup of shredded parmesan cheese. Stir in cooled onions, chopped parsley and bacon. Gently fold in cooked potatoes.
4. Heat the skillet with the reserved oil over low heat. Pour in the egg mixture, and gently cook until the sides have started to set, and the bottom has turned golden brown, 8 to 10 minutes. Loosen the tortilla with a spatula if needed, then carefully slide onto a large plate. Turn the skillet upside down and place onto the uncooked side of the tortilla. Turn the skillet right-side-up and remove the plate. Return the skillet to the stove and continue cooking until the tortilla has set in the center, about 4 minutes.
5. Slide the tortilla onto a serving plate and allow to cool to room temperature or serve right away.

## GO-TO TOMATO-PASTA BOWL

*This is a favorite dinner here at the farm. Quick, simple and delicious! Fruit tomatoes work very well in this dish – pops of tomato flavor and color. Mix up the varieties! Also, Music garlic would be good too instead of the Red Toch or Inchelium Red. You will probably want to use less since it is raw and Music is a stronger garlic*

Cook up your favorite pasta (a type that will hold sauce – farfalle, rotini, gemelli, etc.). Drain but reserve a small amount of liquid (1/8 cup or less). Return the pasta to the cooking pot (not on the heat) and add the reserved liquid. Mix with about 4 oz of ricotta cheese, halved fruit or saladette tomatoes (Juliet, Blush, Lucky Tiger, Clementine, etc) or chunked slicer tomatoes, and 1 or 2 cloves of minced Red Toch or Inchelium Red garlic. Add salt and freshly ground pepper to taste. Serve immediately. Pass Romano cheese at the table.

Note: You can add basil, olives or other items to your taste. Mangia bene!

## **FIG INFORMATION: STORING, FREEZING, PRESERVING + RECIPES**

This fact sheet is from Louisiana State University, the developer of the LSU Purple figs in your bag. Terrific information!

[pub3018LouisianaFigsLOWRES.pdf](http://pub3018LouisianaFigsLOWRES.pdf) ([lsuagcenter.com](http://lsuagcenter.com))

### **NEED SOME FIG INSPO?**

- The classic appetizer of figs wrapped in prosciutto is still a great one. Use the best-quality prosciutto or Spanish jamon you can find.
- Quarter figs and mash them with a little sugar and rum or brandy, then serve with vanilla ice cream.
- Figs and goat cheese or mascarpone are made for each other. Serve them together in salad or as appetizers.
- Figs take well to stewing or poaching, either by themselves or with other fruits.
- The savory sweetness of figs goes well with hearty meats like ham, lamb, beef, rabbit, and pork; use them in dishes that accompany these meats or as an ingredient in steak sauces or glazes.
- Make figs into rich salsas and surprising chutneys.
- Caramelized onions and figs are a delicious combination that can enhance meats, poultry, and pasta.
- Chopped figs, arugula, and goat cheese make an unexpected topping for homemade pizza.
- Morning oatmeal or Greek yogurt can be made instantly glamorous with chopped figs and a drizzle of orange-blossom honey.
- Skewer figs and grill them lightly for an unexpected taste treat. Or toss halved figs in a mix of honey, chopped fresh thyme, and either water or a sweet white wine like Muscat. Then grill.