



PlumFresh Harvest Subscription

Season 7, Week 15
Saturday, August 27, 2022

As we were getting ready to pack your purple bags on Friday afternoon, we got chased out by a big storm with lots of lightning and rain! It was looking ominous to the north but so many times storms go around the mountain and miss us. Not today! Otherwise, it's been a great week with some rain and some sun. And there is definitely a feeling that we are on the cusp of Fall. Splashes of red leaves on the trees, the dogwood berries starting to change colors, an abundance of butterflies... All of these things point to a change of seasons to me.

We are seeing some great crops on the horizon – the sweet peppers are beginning to gear up and the eggplant and summer squash have little baby fruits on them. Okra is also starting to come along (let's hear it for this much maligned veggie!). The beans and snow peas that we planted last week are popping up – I'm sure this rain helped them a lot! And the new seeding of carrots and beets are both looking very good.

More plants went in the ground this week – additional kale, fennel, lettuce all got tucked into new homes. We'll be planting much more next week as we try to get all of the fall crops in. We've got an abundance of transplants ready to go: mini broccoli, brussels sprouts, cabbage (round, Napa and red), more kale, collards, swiss chard, bunching onions and lots more! Lots of things to look forward to in the coming months!

Let's return to the present and talk about this week's bag! We told you to get ready for it and they are here! Tomatoes!!!! Big ones, little ones and in between. We are eating tomatoes every day around here – tomato sandwiches, grain salads, and more. We would LOVE for you to share your favorite tomato recipes with us. I am always on the prowl but hearing about favorites from friends is always much better.

Everyone has both fruits and slicers this week. It's like a candy box of varieties – think of it as a Whitman's Sampler of tomato delights! So many different flavors and textures. Savor these special jewels of summer, put them on/in everything and soak up these delicious summertime treats.

New this week is Green Chile! Many of you know that we lived in New Mexico for almost 20 years. While there, we definitely got the green chile bug! So, when we started the farm, we knew that we would definitely be growing green chile. Regular Bag members are getting the first of this year's crop. Some of the peppers are red which just means that they are riper – which translates into a richer, sweeter taste. We hope to have an abundant harvest of these this season and plan on roasting and freezing them for later in the fall. We hope you enjoy these as much as we do!

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, Verona*
- Slicer Tomatoes – *Carbon, Estiva, Franchi Red Pear, German Johnson, Martha Washington, Pink Berkley Tie Dye, Ken's New Zealand, Kellogg's Breakfast*
- Lettuce – *New Red Fire, Red Incised, Frisyo*
- Summer Spinach

Regular Bags Only:

- Green Chile – *Joe E. Parker (Mild), Big Jim (Medium), Hatch Doublecross (Hot)*
- Farmer's Choice: Yellow Summer Squash and Zucchini Mix from Felsbeck Farm

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!
- **Summer Spinach** stores well in its bag in the fridge for up to a week.
- **Lettuce** should be stored in a plastic bag in the crisper drawer of your fridge.
- **Green Chile** should be stored in a plastic bag in the refrigerator. It will last for several weeks.
- **All 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 them in a perforated plastic bag and store in the crisper drawer of your fridge.

Things to Know + How do I use this stuff?

- Feeling overwhelmed with **Fruit Tomatoes**? Here's a tip from Jack Bishop at America's Test Kitchen:
When I run out of friends to give my SunGolds (PGF note: Or any other fruit tomato) to, I freeze them whole in zipper-lock bags. They are perfect for wintertime pasta sauces. No prep needed other than a quick wash and thorough drying—and then into the freezer and ready to perk up a cold January evening.
- **Green Chile** is a cult favorite! During our time in New Mexico we learned to love green chile in all of its forms. People would buy multiple 45 pound bags, have them roasted and take it home to freeze. The aroma of roasting chile permeated the air from August through October. Oh, what bliss! Check out the tips below on roasting your chile and ways to use it.
- Classically added to salads, the **Summer Spinach** can also be wilted down in quinoa with eggs for breakfast. I tried it in a stir fry the other night and it was wonderful! If cooking it brings out a mineral flavor too much, try it fresh in a salad with warm bacon bits and a creamy poppyseed dressing.

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



Recipes

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!

MORE TOMATO IDEAS....

Ideas courtesy of Angie of South Wind Produce in Rougemont and Delish.com

Tomato Galette: [summer tomato galette - by caroline chambers \(substack.com\)](#)

Tomato Feta Dip: [Tomato-Feta Dip Recipe \(realsimple.com\)](#)

Panzanella: [Barefoot Contessa | Panzanella | Recipes](#)

Tomato Jam: [Mark Bittman's Tomato Jam - The Wednesday Chef](#)

Pasta Pomodoro: [Best Pasta Pomodoro Recipe - How To Make Homemade Pasta Pomodoro \(delish.com\)](#)

We made this over the weekend and it was delicious! Would recommend omitting the honey and adding more hot pepper. It makes for a great appetizer or for supper with a large salad.

Sheet-Pan Feta With Chickpeas and Tomatoes

By Ali Slagle

Time 40 minutes

Rating 4 ★★★★★ (441)

In a spread of Greek appetizers, or meze, there's often a warm feta dish like bouyiourdi (baked feta with tomato and hot peppers) or a saganaki (fried cheese). This recipe combines elements of these two classic appetizers into a sheet-pan meal. Softened feta provides a salty, creamy counterpoint to sweet, juicy tomatoes and chickpeas that are sticky from honey and spicy from dried chile. Try this version, then riff wildly: Switch out tomatoes for mini peppers, olives, dates or cauliflower. Swap the hot honey for anchovies, harissa, smoked paprika or turmeric. Eat with pita, grains, salad greens, hummus or yogurt.

Ingredients

Yield: 4 servings

- 3 cups cooked chickpeas (homemade or two 15-ounce cans), drained, rinsed and shaken dry
- 2 pints (16 to 20 ounces) cherry or Sungold tomatoes
- 1 shallot, thinly sliced
- ¼ cup extra-virgin olive oil
- 2 tablespoons honey
- 1 teaspoon mild chile flakes (like gochugaru) or ½ teaspoon red-pepper flakes
- Kosher salt (such as Diamond Crystal)
- 2 (6- to 8-ounce) blocks of feta (see Tip), sliced 1-inch-thick

Preparation

Step 1

Heat the oven to 400 degrees. On a baking sheet, stir together the chickpeas, tomatoes, shallot, olive oil, honey and chile flakes. Season with salt, then spread in an even layer. Arrange the feta among the chickpeas. Roast until the feta and tomatoes are soft and the chickpeas are golden brown, 30 to 35 minutes (no need to stir). Eat right away. (The feta will harden as it cools; reheat leftovers.)

Tip

Avoid feta made with cow's milk, which does not have enough fat to withstand roasting.

Pasta with Burst Cherry Tomato Sauce and Fried Caper Crumbs

SERVES Serves 4 to 6

TIME 50 minutes

WHY THIS RECIPE WORKS

Cherry tomatoes are the perfect choice for a quick fresh tomato sauce. You can toss them directly into the pan without any prep, and they don't need lengthy cooking to concentrate their flavor or thicken into a sauce. That's because they're naturally more flavorful than the bigger varieties conventionally used in sauce, and they're full of soluble pectin that breaks down readily to a silky, saucy consistency. To ensure that some of the cherry tomatoes remained intact and would pop in the mouth with their characteristic flood of juices, we cooked them for 10 minutes in a covered saucepan, where only the layer of tomatoes in direct contact with the bottom of the saucepan burst and those on top steamed more gently in the released juices. To keep the sauce bright and tomato-focused, we sautéed the tomatoes with slivered garlic, red pepper flakes, and a touch of sugar, along with anchovies that melded into the mix without announcing their fishiness. Butter tossed with the pasta and the sauce brought a light, creamy richness to the dish. We finished it with a sprinkle of fresh basil and a gremolata-inspired topping of fried bread crumbs and capers.



INGREDIENTS

Topping



- ☐ 2 tablespoons
extra-virgin olive oil
- ☐ ¼ cup capers, rinsed and
patted dry

BEFORE YOU BEGIN



Be sure to use cherry tomatoes; grape tomatoes won't break down as much and will produce a drier sauce. Our

topping contributes crunch and depth, but you can substitute 1 cup (2 ounces) of grated Parmesan cheese, if desired. For a spicier dish, use the larger amount of red pepper flakes.

- ☐ 1 anchovy fillet, rinsed, patted dry, and minced
- ☐ ½ cup panko bread crumbs
- ☐ ½ teaspoon table salt
- ☐ ½ teaspoon pepper
- ☐ ¼ cup minced fresh parsley
- ☐ 1 teaspoon grated lemon zest

Pasta

- ☐ ¼ cup extra-virgin olive oil
- ☐ 2 garlic cloves, sliced thin
- ☐ 2 anchovy fillets, rinsed, patted dry, and minced
- ☐ 2 pounds cherry tomatoes
- ☐ 1 ½ teaspoons table salt, plus salt for cooking pasta
- ☐ ¼ teaspoon sugar
- ☐ ⅛ - ¼ teaspoon red pepper flakes
- ☐ 12 ounces penne rigate, orecchiette, campanelle, or other short pasta
- ☐ 2 tablespoons unsalted butter, cut into 2 pieces and chilled

pepper flakes.

INSTRUCTIONS

1 FOR THE TOPPING: Heat oil in 10-inch skillet over medium heat until shimmering. Add capers and anchovy and cook, stirring frequently, until capers have darkened and shrunk, 3 to 4 minutes. Using slotted spoon, transfer caper mixture to paper towel-lined plate; set aside. Leave oil in skillet and return skillet to medium heat. Add panko, salt, and pepper to skillet and cook, stirring constantly, until panko is golden brown, 4 to 5 minutes. Transfer panko to medium bowl. Stir in parsley, lemon zest, and reserved caper mixture.

2 FOR THE PASTA: Bring 4 quarts water to boil in large pot. While water is coming to boil, heat oil, garlic, and anchovies in large saucepan over medium heat. Cook, stirring occasionally, until anchovies break down and garlic is lightly browned, 4 to 5 minutes. Add tomatoes, salt, sugar, and pepper flakes to saucepan and stir to combine. Cover and increase heat to medium-high. Cook, without stirring, for 10 minutes.

3 Meanwhile, add pasta and 1 tablespoon salt to boiling water. Cook, stirring often, until al dente. Reserve ½ cup cooking water, then drain pasta and return it to pot. Off heat, add butter and tomato mixture to pasta and stir gently until oil, butter, and tomato juices combine to form light sauce, about 15 seconds. Adjust consistency with reserved cooking water as needed, adding 2 tablespoons at a time. Stir in basil and season with salt to taste. Serve, passing topping separately.

- ☐ 1 cup fresh basil leaves, torn if large

HOW TO ROAST AND FREEZE GREEN CHILE

Source: <https://www.thekitchn.com/how-to-roast-and-freeze-green-chiles-cooking-lessons-from-the-kitchn-193168>

COOKING TIME: 6 minutes to 10 minutes

EQUIPMENT

- Towel for drying
- Oven broiler
- Baking sheet(s)
- Aluminum foil
- Tongs
- Paper bag, food-safe plastic bag, or heat-safe covered bowl
- Freezer bag(s) or shallow, freezer-safe container(s)
- Cutting board (optional)
- Knife (optional)
- Spoon (optional)
- Gloves to protect your hands (optional)

INSTRUCTIONS

1. **Select chiles.** Choose fresh chiles that are heavy, smooth, and crisp. Straight and flat chiles, as opposed to curled ones, roast more evenly. Plan to roast the chiles within a few days of picking or purchasing them.
2. **Preheat the broiler.** Position a rack 4 to 6 inches below the heating element of your broiler and heat the broiler.
3. **Wash and dry the chiles.** Rinse the chiles and dry them with a towel.
4. **Place the chiles on a baking sheet.** Arrange the chiles in a single layer on an aluminum foil-lined baking sheet(s).
5. **Roast the chiles on one side.** Broil the chiles until the skin is charred and blistered, 3 to 5 minutes. Avoid completely blackening the chiles; you're looking for them to be about 60% to 70% charred.
6. **Turn them over and roast the other side.** Using tongs, flip the chiles over and broil on the other side until the skin is charred and blistered, 3 to 5 minutes more. Again, avoid completely blackening the chiles; you're looking for them to be about 60% to 70% charred.
7. **Steam the chiles to loosen the peel.** Transfer the chiles to a paper bag, food-safe plastic bag, or heat-safe bowl. Close the bag or tightly cover the bowl and let stand for 10 to 15 minutes. The steam will help loosen the peel from the chiles.
8. **Peel, seed, chop (optional).** The chiles may be peeled and seeded prior to freezing or later, as needed. You may wish to wear gloves to protect your hands, especially if you are processing a large quantity of chiles. To peel, pull the skin off the chile; it should come off fairly easily, but you can use a knife to cut away any stubborn bits. Seeds and membranes are most easily scraped out with a spoon. If you want, you can also chop the chiles into smaller pieces.
9. **Cool the chiles.** Chiles should be completely cool before freezing them. For food safety, whole chiles can be cooled at room temperature for up to 2 hours after roasting them or refrigerated for up to 3 days. Seeded or chopped chiles are generally cool enough by the time you finish processing them.
10. **Place the chiles in freezer containers.** Use plastic freezer bags or shallow containers, which help prevent freezer burn. Arrange whole chiles in a single, flat layer to ensure even freezing and to prevent them from sticking together. If using bags, press as much air out as possible. Alternatively, you can freeze the chiles in a single layer on a tray, then transfer them to a container once frozen solid. Chopped chiles may be frozen in ice cube trays and then transferred to a container.
11. **Freeze for up to a year.** Store the chiles in the freezer for up to a year and thaw in the refrigerator before using.

ALTERNATIVE ROASTING METHODS:

- **Outdoor grill:** Roast chiles directly on the grill, watching them closely and turning over as needed.
- **Electric or gas burner:** Cover the burner with wire mesh and roast chiles on top, turning over as needed.
- **Cast iron skillet:** Roast chiles in a skillet over medium-high heat, turning over as needed.
- **Open flame:** Holding a chile pepper with tongs, carefully char it over an open gas flame or using a culinary torch.

Servings: 6

CALABACITAS

Source: New Mexico True [New Mexican Recipes | Calabacitas, Squash | New Mexico True](#)

Note: I made this for our team potluck this week and everyone raved. I used about a teaspoon of butter near the end but only used olive oil for cooking. I added some water to help the squash steam. I did not use the optional half and half.

- 2 tablespoons butter
- 2 tablespoons olive or vegetable oil
- 2 pounds mixed summer squash (such as small zucchini, yellow crooked-neck or gold bar squash, and light green skinned calabacita), sliced thin or in bite-size cubes
- 1 medium onion, chopped
- 1-2 cloves garlic, minced
- 2 small tomatoes, preferably Roma or Italian plum, optional
- 2 cups corn kernels, fresh or frozen
- ¼ to ¾ cup chopped, roasted mild New Mexican green chile, fresh or thawed frozen
- ½ teaspoon salt
- Up to ¼ cup half-and-half, optional
- 4 ounces (1 cup) grated Monterey Jack or Cheddar cheese, optional

CALABACITAS DIRECTIONS

1. Warm the butter and oil in a large skillet over medium heat. Add the squash, onion, and optional tomatoes. Sauté for 10 to 15 minutes, until the squash is well softened.
2. Stir in the corn, chiles, and salt, and cook covered for another 10 minutes until all vegetables are tender.
3. Pour in the half-and-half if you wish and simmer briefly, until the liquid is reduced by about one-half.
4. Serve hot. If using the cheese, scatter it over the calabacitas just before serving.