



PlumFresh Harvest Subscription

Season 7, Week 14
Wednesday, August 31, 2022

Happy End of Arrgh-ust!

Another PlumFresh prep day, another storm! On Friday we got hit by one and same thing Tuesday – although this time we got more rain -- over an inch in less than an hour! Clouds were building to the north but so many times storms go around the mountain and miss us. Not today!

We are seeing some great crops on the horizon – the sweet peppers are beginning to gear up and the eggplants and summer squash are also starting to produce (all 3 are in your bag this week! 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 with tomatoes, 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.

And speaking of tomatoes. Please mark your calendar for our first ever PlumFresh Tomato Tasting! We will have it here at the farm on Sunday, September 11 from 2-4 p.m. We'll be sending out an invitation but we hope you'll make note of the date and plan on joining us.

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!

Just a note about the green chile – unfortunately the chile is not growing at the rate we had hoped for so some of you are getting green chile and some of you are getting eggplant. We hope you understand the realities of farming! Sometimes our best guesses and predictions don't work in reality. But it is REALLY good eggplant!

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 (green shoulders), Kellogg's Breakfast, Valencia*
- Lettuce – *Red Incised, Green Incised, Frisyo*
- Green Chile – *Joe E. Parker (Mild), Big Jim (Medium), Hatch Doublecross (Hot)*

OR

Eggplant -- *Annina*

Regular Bags Only:

- Farmer's Choice: *Smooth Operator, Jaune et Verte (pattypan), Zephyr (all from Plum Granny Farm) AND Yellow Summer Squash and Zucchini Mix from Felsbeck Farm*
- Microgreens Mix – *Confetti Mix (Radishes) and Sunflower Shoots*
- Sweet Pepper Mix – *Lunchbox Peppers, Carmen, Escamillo, Sweet Sunrise, Orange Bell, Jimmy Nardello, Sweet Chocolate, Charleston Bell, Jupiter, Golden California*

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!
- **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.
- Wrap unwashed **Eggplant** in a towel (not plastic) to absorb any moisture and keep it in the veggie drawer of your refrigerator. Or store unrefrigerated at a cool room temperature. Use within a week and it should still be fresh and mild.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 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 to (PGF note: Or any other fruit tomato), 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.

- Here's an **Eggplant** tip from our friends at Bounty from the Box: Thoroughly wash the outside of eggplants before slicing, then trim off the stem end. The skins are edible, but they may be tough on older or white eggplants. You may peel the skins before cutting, or, if you are baking the eggplant, scoop the flesh out of the shell after cooking. Some people think that salting and rinsing eggplant slices before cooking removes bitterness and makes them more tender. The effectiveness of this method is debatable, and it generally applies only to larger, older fruits.

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



Recipes

SHAKSHUKA

Source: Kathy Gunst, WBUR and Here and Now

Serves 2 to 4

This Israeli favorite is simple to put together. In an ovenproof skillet, a spiced tomato sauce is simmered, eggs are popped on top with a scattering of cheese and baked until the eggs are just set. Serve with warm crusty bread and hot pepper sauce.

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| • 1 cup cherry tomatoes | • 1 ½ teaspoons ground cumin |
| • 2 cloves garlic, thinly sliced | • ¼ teaspoon ground nutmeg |
| • 2 tablespoons olive oil | • ½ cup fresh parsley or cilantro, coarsely chopped, plus 2 tablespoons for garnish |
| • Salt and pepper | • 4 large eggs |
| • 1 ½ cups crushed tomatoes | • ½ cup crumbled feta cheese |
| • 1 to 2 very small chopped chiles, red or green, with or without seeds depending on how spicy you like it, finely chopped | • Hot pepper sauce |

Instructions

1. Preheat the oven to 425 degrees.
2. In a large 10-inch ovenproof skillet mix the cherry tomatoes, garlic, olive oil, salt, and pepper. Place on the middle shelf and roast for 10 minutes.
3. Remove and stir in the crushed tomatoes, chiles, cumin, nutmeg and ½ cup of the parsley or cilantro. Roast another 10 minutes.
4. Remove from the oven and use the back of a spoon to create 4 indentations in the sauce.
5. Crack an egg into each indentation and place back in the oven for 5 minutes.
6. Remove and scatter the feta on top. Cook for another 3 to 4 minutes, or until the egg whites are set and the cheese is just melting.
7. Serve hot. Serve topped with the remaining parsley (or cilantro) and hot pepper sauce on the side.

Ultimate BLT Sandwich

SERVES Serves 4

WHY THIS RECIPE WORKS

The biggest challenge when building this classic American sandwich is balance. A bulletproof construction blueprint helped us stack the components thoughtfully—meaning that each bite included salty bacon, crunchy lettuce, and sweet tomatoes.

Doctoring up mayonnaise with some basil and lemon juice both boosted the overall flavor of the sandwich and helped glue it all together. On either end, we discovered that toasted potato bread was the best option.



INGREDIENTS

- ☐ **16** slices bacon
- ☐ **3** vine-ripened tomatoes
- ☐ **2** tablespoons
extra-virgin olive oil
- ☐ **1** tablespoon
red wine vinegar
- ☐ Salt and pepper
- ☐ $\frac{1}{2}$ cup mayonnaise
- ☐ $\frac{1}{4}$ cup chopped fresh basil
- ☐ **1** $\frac{1}{2}$ teaspoons lemon juice
- ☐ Pinch cayenne pepper
- ☐ **8** slices potato sandwich
bread

BEFORE YOU BEGIN

***** Buy the best tomatoes you can find that are about 2 inches in diameter. If your tomatoes happen to be larger, use only two or three slices per sandwich. Since broiler outputs vary, keep an eye on the toast in step 3. You may need more than one package to get 16 slices of bacon. Do not use thick-cut bacon in this recipe.

INSTRUCTIONS

1 Adjust oven rack 6 inches from broiler element and heat oven to 400 degrees. Arrange bacon in single layer on aluminum foil-lined rimmed baking sheet, overlapping slightly as needed to fit. Bake until bacon is deeply browned and crispy, 25 to 30 minutes, rotating sheet halfway through baking. Transfer bacon to paper towel-lined plate; discard bacon fat and foil. Heat broiler.

- ☐ **1** head Bibb lettuce (8 ounces), leaves separated

2 Meanwhile, core tomatoes and cut into 16 (1/4-inch-thick) slices (you may have some left over). Whisk oil, vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in shallow dish. Add tomatoes; turn gently to coat with vinaigrette. Whisk mayonnaise, basil, lemon juice, and cayenne together in bowl.

3 Arrange bread on now-empty sheet. Broil until lightly browned on 1 side only, 1 to 2 minutes.

4 Transfer bread, toasted side down, to cutting board. Spread basil mayonnaise evenly on untoasted sides of bread (use all of it). Break bacon slices in half. Shingle 4 bacon halves on each of 4 bread slices, followed by 2 lettuce leaves, 4 tomato slices, 2 more lettuce leaves, and 4 more bacon halves. Top each sandwich with 1 of 4 remaining bread slices, mayonnaise side down. Cut sandwiches in half, corner to corner. Serve.

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

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 \(delish.com\)](#)

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.

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.