



## *PlumFresh* Harvest Subscription

Season 7, Week 17

Saturday, September 10, 2022

Despite Friday's lovely weather, it feels like we have entered the gloomy month of September. Almost 4 inches of rain have fallen since Sunday! And all of this rain – and what is predicted for this weekend, especially Sunday, have caused us to **RESCHEDULE** our *PlumFresh* Tomato Tasting! It will now be held NEXT **Sunday, September 18 from 2-4 p.m.** We do hope you will be able to attend! Next Sunday's weather is looking like a much better day for an event!

This week's menu includes:

- Fruit Tomatoes Mix – *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
- Saladette Tomatoes Mix: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee, Pink Bumble Bee, Verona*
- Slicer Tomatoes – *Carbon, Estiva, Franchi Red Pear, German Johnson, Giant Italian, Martha Washington, Pink Berkley Tie Dye, Ken's New Zealand (green shoulders); Orange varieties: Kellogg's Breakfast, Valencia*
- Sweet Potato Greens
- Sweet Pepper Mix – *Lunchbox Peppers, Carmen, Escamillo, Sweet Sunrise, Orange*

*Bell, Jimmy Nardello, Sweet Chocolate, Charleston Bell, Jupiter, Golden California*

- Herb: Garlic Chives and Flowers

### Regular Bags Only:

- Member's Choice:
  - Eggplant – *Annina, Little Finger, Ping Tung Long, Rosa Bianca*
  - Okra – *Burgundy, Cajun Jewel*
  - Nicola or German Butterball Potatoes
  - Shishito Peppers
  - Summer Squash: *Smooth Operator, Jaune et Verte (pattypan), Zephyr, Dark Star Zucchini OR Yellow Crookneck 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!
- **Sweet Potato Greens** should be stored in its plastic bag in the refrigerator.
- Refrigerate **Peppers (sweet and shishito)** unwashed in a sealed plastic bag in hydrator drawer for 1-2 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.

- **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.
- **Okra** is also perishable and should be used within a few days. Store the dry, unwashed pods in a paper bag in the warmer part of the refrigerator (usually the upper area). Okra, in keeping with its tropical origins, does not like temperatures below 45°F.

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

- **Sweet Potato Greens?** Come on! Actually, these are a very nutritious and delicious part of the sweet potato plant (the tubers will be ready in about 3 weeks!) The edible leaves and stem tips of sweet potato vines are well known in many parts of the world. According to Texas Cooperative Extension, sweet potato foliage has a rich protein content that helps supplement the nutritional value of the roots and is often considered a “poor man’s food.” Some research has shown that yam leaves are more nutritious than spinach, celery, carrots and cucumbers when it comes to vitamin B, iron, zinc, protein, antioxidants, and calcium. They supposedly enhance immune function, boost metabolism, lower blood sugar, improve eyesight, and act as an anti-inflammatory. Give them a try with the recipes below – they may become one of your new favorite greens! And what a nutritional powerhouse!
- 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.
- **Don’t Forget!** 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.*

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



# Recipes

## STIR-FRIED SWEET POTATO LEAVES

Source: The Woks of Life at <https://thewoksoflife.com/2018/01/yam-leaves/>

**Prep time** 30 mins **Cook time** 5 mins **Total time** 35 mins **Serves:** 4-6

*Source Note: Sweet potato leaves are an under-rated vegetable that you can find at more and more Asian grocery stores these days. Here's how to prepare them.*

### Ingredients

- 1 pound sweet potato leaves (Note: you have about 2/3 lb of just the leaves and stem, not the vine so you have enough for the full recipe)
- 3 tablespoons vegetable oil
- 3 cloves garlic, smashed and chopped
- 2 slices ginger, julienned
- 1 teaspoon sesame oil
- 1 teaspoon Shaoxing wine (optional)
- ¼ teaspoon ground white pepper
- 2 tablespoons water
- Salt, to taste
- A pinch of sugar

### Instructions

1. Pinch off each leaf, including the stem, from the main stalk and any other tender parts of the vegetables. Wash and rinse thoroughly a couple of times and set aside to drain off any excess water before cooking.
2. Heat the oil in a wok over medium heat. Add the garlic and ginger and cook for about a minute. Now turn the heat to high and add in the sweet potato leaves.
3. Stir and add in the sesame oil, Shaoxing wine (optional), ground white pepper, water, salt (to taste) and a pinch of sugar. Stir to cook for a couple of minutes until all the leaves are wilted. Serve immediately.

## SWEET POTATO GREENS CHIPS

*I saw a post from Debbie Roos, the Extension Agent in Chatham County, about the Sweet Potato Greens Chips that she made last week. I am so glad someone asked her for the recipe! Delicious!*

From Debbie Roos: Someone asked how I made these. It's so easy! First preheat the oven to 400°. Then wash and dry the leaves. Put them in a big bowl and drizzle a little olive oil over them and lightly mix with your hand to coat the leaves. Spread in a single layer on a baking sheet and lightly sprinkle with salt. Bake for a few minutes, checking often. It doesn't take long for them to crisp up. I bake them in several batches since they are in a single layer.



## **SWEET AND SAVORY SWEET POTATO LEAVES**

[Sweet and Savory Sweet Potato Leaves \(coonrockfarm.com\)](http://coonrockfarm.com)

- 8 cups de-stemmed, torn and rinsed sweet potato leaves
- 1 tablespoons olive oil
- 1/2 small yellow onion, diced
- 1/2 tablespoon Dijon mustard
- 2 teaspoons sugar
- 1/2 tablespoon cider vinegar
- 3/4 cup vegetable or chicken stock
- 2 tablespoons dried cranberries
- 2 tablespoons crushed pecans
- 1/2 teaspoon minced garlic

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 min. Stir in the mustard, sugar, vinegar, and chicken stock and bring to a boil over high heat. Stir in the sweet potato leaves, cover and cook 5 min until wilted. Stir in the cranberries and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 min. Season to taste with pepper. Sprinkle with pecans before serving.

From New York Times Cooking: [Pasta With Fresh Tomatoes and Goat Cheese Recipe - NYT Cooking \(nytimes.com\)](https://cooking.nytimes.com/recipes/1020290-one-pot-pasta-with-ricotta-and-lemon)

*PGF Note: This is very similar to our "Go To Pasta" but I looking forward to trying this recipe using goat cheese instead of ricotta.*

## Pasta With Fresh Tomatoes and Goat Cheese

By Ali Slagle

Time 25 minutes

Rating 4 ★★★★★ (515)

This pasta's sauce comes together using the same trifecta found in lemon-ricotta pasta (<https://cooking.nytimes.com/recipes/1020290-one-pot-pasta-with-ricotta-and-lemon>): a juicy fruit, a creamy cheese and a salty cheese. This recipe makes good use of those summer tomatoes with juices just barely contained by their thin skins. The creamy cheese is goat cheese, whose tang balances the sweetness of the tomatoes. Parmesan adds salty depth, while herbs and red-pepper flakes complete the dish. For a more filling pasta, feel free to add shrimp, corn or green beans to the boiling pasta in the last few minutes of cooking.

### Ingredients

**Yield: 4 servings**

Kosher salt

2 pounds very ripe tomatoes, coarsely chopped

1 teaspoon fresh thyme or oregano leaves

½ teaspoon red-pepper flakes, plus more as needed

2 ounces Parmesan cheese, coarsely grated, plus more as needed

1 pound fusilli or another spiral pasta

1 (4-ounce) log goat cheese, crumbled

### Preparation

#### Step 1

Bring a large pot of salted water to a boil.

#### Step 2

Meanwhile, in a large bowl, combine the tomatoes, thyme, red-pepper flakes and ½ teaspoon salt. Mash with a fork or potato masher until tomatoes are juicy. Stir in the Parmesan. Set aside while the pasta cooks, or up to 2 hours at room temperature.

#### Step 3

Add the pasta to the boiling water and cook according to package instructions until al dente. Reserve ½ cup pasta cooking water, then drain the pasta.

#### Step 4

To the bowl of tomatoes, add the goat cheese and 2 tablespoons of the reserved pasta cooking water. Stir until the cheese is mostly melted. Add the pasta and stir vigorously until the noodles are well coated. Add more pasta water as needed until the sauce coats the noodles. Season to taste with additional Parmesan and red-pepper flakes.



I know you saw this last week but one of our Saturday *PlumFresh* members wrote to tell me how terrific it was. Her comment: “Repeat again tomorrow? Yes indeed!”

## rice-stuffed tomatoes

### Rice-Stuffed Tomatoes [Pomodori Ripieni di Riso]

Adapted from a blend of *Rachel Eats*, *Wednesday Chef*, *Silver Spoon* and trial and error

As I mentioned above, you could deck these out with any number of compatible ingredients — crisped bits of prosciutto, mozzarella or pecorino cheese, olives or artichokes and more! Even I couldn't resist straying from the pure tomato-rice-and-seasonings course with a clove of garlic and few tablespoons of minced onion, as well as a starchier risotto variety of rice. But I'm telling you, it needs none of these things to be late summer dinner bliss. The rice cooks inside the most clear-noted, pure tomato sauce you've ever scooped onto a fork and I want August to always taste like this.

Serves 6 as a side and 3 as a main. We had these with sausages, but they'd be equally good with last week's *kale salad* and/or some salumi. Or, you can do this, which is the way it is done in Rome: Peel and cube a few Yukon gold potatoes, toss them with olive oil, salt and pepper. Arrange them in the baking dish around the tomatoes and bake them simultaneously. This not only keeps the tomatoes upright, it provides a delicious accompaniment.

2 to 3 tablespoons olive oil

Coarse or Kosher salt

6 medium-to-large (mine were 3 inches across, averaged 8 1/4 ounces in weight) tomatoes

Red pepper flakes, to taste

1/4 medium or 1/2 small onion, finely chopped

1 garlic clove, minced

9 tablespoons arborio or another short-grained starchy rice

Few tablespoons chopped parsley, oregano or slivered basil (or mix thereof)

Handful breadcrumbs, if using (unless using gluten-free breadcrumbs, this will of course negate the dish's gluten-free status)

Heat oven to 350 degrees. Lightly coat an ovenproof baking dish with olive oil.

Prepare tomatoes: Cut the tops off the tomatoes and scoop out tomato juices, seeds and flesh into a non-reactive (i.e. just about anything but aluminum) bowl. I like to use a grapefruit knife to make the first cuts, then a spoon to remove the rest, but you can use anything you have around, being careful not to pierce the bottom of the tomatoes. Salt the cavities of the tomatoes and turn them upside down on a plate to drain.

Prepare reserve: Run scooped-out tomato flesh and juices through a food mill or pulse in a blender until coarsely pureed. Heat a large skillet over medium heat, then add 2 tablespoons olive oil, heating it too. Once hot, add onion, garlic and red pepper flakes, cooking them together for 2 minutes, or until onion begins to soften. Add rice and cook

Reassemble tomatoes: Stir fresh herbs into tomato-rice mixture. Arrange tomatoes right-side-up in baking pan then spoon mixture into tomatoes, filling them just 7/8 of the way to leave room for the rice to finish expanding. Coat with breadcrumbs that you can drizzle lightly with olive oil, if using, or you can replace the tomato lid on each (though, do not spend 10 minutes trying to match them back up, as I did last summer. It's pointless.)

Bake: Uncovered for 30 minutes, until tomato walls are soft and the rice inside has finished cooking. Serve hot. Repeat again tomorrow.