



PlumFresh Harvest Subscription

Season 7, Week 16
Wednesday, September 14, 2022

Do you feel that hint of Fall in the air? I sure do! The cooler temps and drier air and SUN have been a balm for the soul this week! And the forecast is looking good for our *PlumFresh* Tomato Tasting! It is on **Sunday, September 18 from 2-4 p.m.** We do hope you will be able to attend! It will be a fun, laid back event – come meet your fellow PlumFresh members and taste all of the delicious tomatoes we are growing this year. Despite the weekly dose of tomatoes (on repeat), we'll bet that you haven't tasted EVERY one of the varieties that we are growing. Please let us know if you can be part of this first-ever event just for PlumFresh members!

Coming attractions include **Apples** from our friends at Levering Orchard! We plan on having apples on the menu once a month until the end of the season (Thanksgiving). We are also sourcing **Red Kuri winter squash** from Harmony Ridge and **mushrooms** from Haw River Mushrooms. These are on top of our expanding fall crops that are growing happily!

This week's menu includes:

- *Valentine* GrapeTomatoes
- Saladette and Mini Roma Tomatoes Mix: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee, Pink Bumble Bee, Verona (Mini Romas)*
- 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 Pepper Mix – *Lunchbox Peppers, Lipstick*
- Garlic Mix: *Chesnok Red, Lorz Italian, Music*

Regular Bags Only:

- Member's Choice:
 - Eggplant – *Annina, Little Finger, Ping Tung Long, Rosa Bianca*
 - Fruit Tomatoes Mix – *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
 - Okra – *Burgundy, Cajun Jewel*
 - Onions – *Expression*
 - Onions, Bunching -- *Nabechan*
 - Potatoes -- *German Butterball*
 - Chile Peppers: *Joe Parker (Mild), Big Jim (Medium), Hatch Doublecross (Hot)*
 - Hot Peppers: *Aji Amarillo, Aji Limo, Serrano*
 - *Aji Dulce Sweet Habanero Peppers*
 - Shishito Peppers
 - Summer Squash: *Smooth Operator, Jaune et Verte (pattypan), Zephyr (yellow/green), Dark Star Zucchini*
 - Sweet Potato Greens

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!
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **Garlic** should be stored in a place with good air circulation, out of direct light. Never put it in the refrigerator or store in a plastic bag!
- **Sweet Potato Greens** should be stored in its plastic bag in the refrigerator.
- 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.

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



Recipes

In case you still have some sweet potato leaves remaining from last week, here is another recipe that provides a sweet and savory complement to the sweet potato leaves.

SWEET AND SAVORY SWEET POTATO LEAVES

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

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| • 8 cups de-stemmed, torn and rinsed sweet potato leaves | • 2 teaspoons sugar |
| • 1 tablespoons olive oil | • 1/2 tablespoon cider vinegar |
| • 1/2 small yellow onion, diced | • 3/4 cup vegetable or chicken stock |
| • 1/2 tablespoon Dijon mustard | • 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 am 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.

Another great recipe from The New York Times Cooking!

Bell Pepper Salad With Capers and Olives

By David Tanis

Time 30 minutes

Rating 4 ★★★★★ (136)

At summer's end, sweet peppers of every color are ripe and ready, far better than the bland supermarket hot-house varieties available year-round. Thinly sliced and dressed with an assertive vinaigrette, these peppers make an ideal first course or antipasto.

Ingredients

Yield: 4 servings

4 sweet bell peppers, in different colors
1 anchovy fillet, plus more for garnish
1 small garlic clove
2 tablespoons red wine vinegar
1 teaspoon capers, chopped, plus whole capers for garnish
¼ cup extra-virgin olive oil
Salt and pepper
1 cup halved cherry tomatoes, lightly salted
½ cup green or black olives, such as Castelvetrano or Moroccan, pitted, if desired
Arugula, for garnish (optional)
Dried Italian oregano, for sprinkling (optional)

Preparation

Step 1

Cut peppers in half from top to bottom. Remove stems, seeds and veins, then slice peppers into strips about ⅛-inch wide.

Step 2

Make a vinaigrette: Using a mortar and pestle, smash anchovy fillet and garlic into a paste. Transfer to a small bowl, and add red wine vinegar and chopped capers. Stir in olive oil and season vinaigrette with salt and pepper.

Step 3

Put sliced peppers in a large bowl. Season with salt and pepper, and toss. Add vinaigrette and toss again. Leave for 10 minutes, then taste again and adjust seasoning. (The salad can sit for 15 to 20 minutes without suffering.)

Step 4

Transfer to a serving platter. Garnish with cherry tomatoes, whole capers, olives and anchovy fillets. Surround with arugula, if using. Sprinkle with oregano, if using.

Another recipe very similar to one of our go-to's. We are finding that our InstaPot is our secret weapon for cooking dried beans. They are done in less than 45 minutes WITHOUT soaking the beans overnight! And they are so much healthier (and cheaper) than canned beans. If you froze corn from when it was in season, you'll be good to go with local ingredients!

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.

