



## ***PlumFresh* Harvest Subscription**

**Season 7, Week 19  
Wednesday, October 5, 2022**

Thanks for understanding our need to skip last week. It was great to spend a couple of days with Ray's sister – and it was even more important because her trip was cut short due to a family emergency.

We are still working on clean-up and repair after Hurricane Ian. I hope you didn't sustain much damage. There were definitely a lot of trees down and most of our road was without power until Sunday night. We were very lucky – we had power throughout along with our neighbor across the road. The guys from the utility company said we were the only people in about 300 homes that were spared! Thank goodness!

Even though we are in clean-up mode, we are still getting ready for next year's crops. The strawberry field is getting a final weeding and weak plants are being removed. Our new plants arrive next Monday so we want to be ready to get them in the ground when they show up.

I promised to reveal the winners of our *PlumFresh* Tomato Tasting this week, so here they are by category:

- Slicers: Martha Washington
- Saladettes: Sunrise Bumble Bee (all of the saladettes were popular!)
- Sauce/Paste: Verona (the mini-Roma)
- Fruits: Chocolate Drop

This was such a fun event, and we appreciate those of you who came out to the farm to participate. Stay tuned for another on-farm event in early November – we'll be announcing the date for that next week.

This week's bag has a special treat. We are SO excited to bring you some delicious apples from [Levering Orchard](#) in Ararat, Virginia. This 114-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees. A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprayed these apples only TWICE during the growing season. He says that his fellow growers look at him with disdain! His apples have a few more spots and cosmetic blemishes than your grocery store varieties but you can feel better about eating less chemicals. The apples are truly delicious! We will be getting apples from Levering two more times this fall.

Coming soon from our fields: Sweet Potatoes (!), mini-broccoli, pac choi and other Asian Greens, snow peas, kohlrabi and more kale and lettuce.

This week's menu includes:

- Apples – *Spartan (from Levering Orchard)*
- Carrots – *Yaya*
- Saladette and Fruits Tomato Mix – Saladette: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee* and Fruits: *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
- Tiny Taters/Small Creamer Potato Mix – *German Butterball and Plum Gold*
- Italian Flat Leaf Parsley
- Eggplant – *Annina, Little Finger, Ping Tung Long, Rosa Bianca*
- Lettuce -- *Nancy*
- Okra – *Burgundy, Cajun Jewel*
- Onions – *Scout*
- Chile Peppers—Hot and Medium
- Hot Peppers: *Cayenne, Jalapeño, Serrano*
- Shishito Peppers
- Fruit Tomatoes Mix
- Saladette Tomatoes Mix
- Red Kuri Winter Squash

Regular Bags Only:

- Sweet Peppers – *Lipstick and Lunchbox*
- Garlic – *Music and Chesnok Red*

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!**
- **Store apples** in the refrigerator in a plastic bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Potatoes** should be kept in a cool, dry, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or 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.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **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?

- The variety of apples in this week's bag is Spartan. "Spartan" is a Macintosh-cross variety that wins new fans every year for its not-too-sweet, not-too-tart balance and juicy crispness. Spartan won the apple taste-off at the Blacksburg Farmers Market a couple of years ago – and after eating one, we know why! It is terrific for eating out of hand and for cooking. Do we see pie in your future?
- Toss the **Tiny Taters** in a bit of olive oil and salt and toss into a baking pan. Roast at 400 for about 25-30 minutes – turning frequently. Let them get a bit crispy. Potato Popcorn!

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



# Recipes

## Apple Muffins

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Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Serves 12

These cinnamon apple muffins are moist, tender, and bursting with spiced apple flavor. We love them with the crumble topping and glaze, but they're also delicious without any topping if you prefer a less sweet breakfast treat.

### Ingredients

#### Crumble Topping

- ½ cup all-purpose flour, spooned and leveled
- ½ cup brown sugar
- ¼ teaspoon cinnamon
- ¼ cup soft coconut oil

#### For the Muffins

- ¾ cup plus 2 tablespoons all-purpose flour, spooned and leveled
- ¾ cup whole wheat flour, spooned and leveled
- ½ cup plus 2 tablespoons almond flour, spooned and leveled
- 1 tablespoon baking powder
- 2 teaspoons apple pie spice
- ½ teaspoon sea salt
- ½ cup unsweetened almond milk
- ½ cup unsweetened applesauce
- ½ cup cane sugar
- ¼ cup avocado oil, or another neutral oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups peeled and diced apple

#### For the Glaze

- ¾ cup powdered sugar
- 1 to 1½ tablespoons unsweetened almond milk

### Instructions

1. Preheat the oven to 400°F and grease a 12-cup muffin tin.
2. Make the crumble topping: In a medium bowl, whisk together the flour, brown sugar, and cinnamon. Add the coconut oil and use a

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spatula to combine. Mix just until there is no dry flour remaining and the mixture is crumbly. Don't overmix.

3. Make the muffins: In a large bowl, whisk together the all-purpose, whole wheat, and almond flours, baking powder, apple pie spice, and salt.
4. In a medium bowl, vigorously whisk together the almond milk, applesauce, sugar, avocado oil, eggs, and vanilla.
5. Pour the wet ingredients into the dry ingredients and stir to combine. Gently fold in the apple. Use a ⅓-cup measuring cup to scoop the batter into the prepared muffin cups. Sprinkle the crumble topping on top. Bake for 17 to 22 minutes, or until a toothpick inserted comes out clean. Let cool for 10 minutes, then transfer to a wire rack to cool completely.
6. Make the glaze: In a small bowl, whisk together the powdered sugar and 1 tablespoon almond milk until smooth. If the glaze is too thick, add more almond milk, 1 teaspoon at a time, until it reaches a drizzleable consistency. Drizzle over the cooled muffins.

Serves 8 to 10

## **APPLE CRUMBLE**

Source: — *Paul Anater, as appears in Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe*

### Apple Mixture

- 5 to 6 medium apples, peeled, cored, and sliced
- (about 8 to 10 cups)
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup water

### Topping

- 1 cup rolled oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup (1 stick) butter, melted

1. Preheat the oven to 350°F.
2. In a large bowl, prepare the apple mixture by combining the prepared apples, white sugar, flour, cinnamon, and salt. Let it sit for about 5 minutes to allow the apples to sweat and the flavors to combine. Place the apple mixture in a 9-by-13-inch pan, and pour the water over the apple mixture.
3. To make the topping, combine the oats, flour, brown sugar, baking powder, baking soda, and melted butter. Work this mixture together with a fork until it comes to a uniform, crumbly consistency. Sprinkle the topping evenly over the apple mixture.
4. Bake for about 45 minutes. The fruit should be bubbling and the topping browned. Let cool (to allow it to set up) before serving.

*I had been struggling trying to find a way to make a frittata. This recipe was the answer! I love the pick and choose format.*

## HOW TO MAKE A FRITTATA

Source: Emma Christensen (<http://www.thekitchn.com/how-to-make-a-frittata-cooking-lessons-from-the-kitchn-170717>)

Makes about 6 servings

### Ingredients (choose 3 to 4)

- 1 medium onion, diced
- 1 medium potato, diced
- 1 medium bell pepper, diced
- 1 to 2 cups swiss chard, chopped
- 1 roasted red pepper, diced
- 1 to 2 cups broccoli florets
- 1 to 2 cups cauliflower florets
- 1 to 2 leeks, diced
- 1 cup mushrooms, diced or thinly sliced
- 1 cup cooked pasta
- 1 cup cooked rice
- 1 to 2 sausages, diced
- 1 cup shredded cooked chicken, pork or beef
- 1 cup tofu, diced
- Any other leftovers you may have in the fridge

### For cooking and the seasoning:

- Vegetable oil -- 1 to 3 teaspoons
- spices or herbs, like oregano, basil, rosemary, thyme, smoked paprika, cumin, chili powder
- 1 to 2 cloves garlic, minced
- 1 to 2 teaspoons kosher salt, divided

### For the eggs:

- 1/2 to 1 cup shredded cheese (optional)
- 6 to 8 large eggs, enough to cover the ingredients

### Equipment

- 10 to 12-inch nonstick frying pan or cast iron skillet (oven-safe)
- Spatula

### Instructions

1. **Heat the oven:** Arrange a rack in the middle of the oven and heat to 400°F.
2. **Sauté the ingredients:** If the meat is raw, cook that first in a large nonstick frying pan or cast iron skillet and then remove it from the pan to add back in later. Cook the vegetables with a little oil over medium-high heat, starting with the longer-cooking veggies like onions and potatoes and ending with softer veggies like red peppers, until cooked through. Add any meat or tofu and cook just enough to warm through.
3. **Season the ingredients:** Since the ingredients will be mixed with eggs, you want to over-season them a bit here. Add whatever seasonings you wish to use along with 1 teaspoon of the salt. Let this cook for a minute, then give it a taste. It should taste strong, but still good. Add more spices or salt if needed.
4. **Add the cheese:** Spread the vegetables into an even layer. Sprinkle the cheese on top and let it just start to melt.
5. **Add the eggs:** Whisk the eggs together and pour them over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set.
6. **Bake the frittata:** Put the pan in the oven and bake until the eggs are set, 8 to 10 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven.
7. **Cool and serve:** Cool in the pan for 5 minutes, then slice into wedges and serve. Leftovers will keep refrigerated for a week.

### Recipe Notes

- **For a browned, crispy top:** Set the frittata under the broiler for a minute or two at the end of cooking.