



PlumFresh Harvest Subscription

Season 7, Week 20
Saturday, October 8, 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. And then there was Ian – prepping for Saturday bags was NOT in the cards! Glad that we had already made the decision to skip *PlumFresh* before all of that happened.

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 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*
- Farmers Choice Tomatoes: *Slicers: Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Valencia; Saladette: Clementine, Sunrise Bumble Bee, Purple Bumble Bee and Verona; Fruits: Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
- Potatoes – *German Butterball*

Small Bags Only:

- Rosemary -- *Salem*

Regular Bags Only:

- Sweet Peppers – *Sweet Bell, Corno di Toro (Carmen and Escamillo), Lipstick and Lunchbox*
- Garlic – *Georgian Crystal and Chesnok Red*
- Sunflower Shoots – *Black Oil*

Members Choice

- Arugula
- Italian Flat Leaf Parsley
- Eggplant – *Annina, Little Finger, Rosa Bianca*
- Lettuce – *Nancy, Green Incised*
- Okra – *Burgundy, Cajun Jewel*
- Onions – *Scout*
- Chile Peppers—*Poblano, Mild and Medium*
- Hot Peppers: *Cayenne, Jalapeño*
- Aji Dulce Peppers
- Shishito Peppers
- Fruit Tomatoes Mix
- Saladette Tomatoes Mix
- Red Kuri Winter Squash

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!**
- To avoid “floppy carrots,” remove the green tops as soon as you can, leaving about an inch of stems. If you can only do one thing to prep your veggies for storage, this should be it. Refrigerate these carrots in a plastic bag. You can also store them in a bin of water (like celery) to keep them crisp, changing out the water every few days. Save the tops to use for a pesto or seasoning (store those in a bag in the fridge). Or put them in a plastic Ziplock in your freezer and use them to make DIY vegetable or chicken stock. Check out the pesto recipe below!
- **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.
- Refrigerate **Peppers** 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.
- **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?

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



Recipes

Apple Muffins

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 1/3-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
- 1/2 teaspoon salt
- 1/2 cup water

Topping

- 1 cup rolled oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 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.

CARROT TOP PESTO

Here is a recipe from a fellow PlumFresh member. At our 2019 Thank You event, Mitch Arndt brought Carrot Top Pesto – and it was a HIT! Here is his recipe:

Source: Mitch Arndt, PlumFresh member

- 2 cups carrot tops, chopped (from about 8 medium carrots)
- 1/3 cup pine nuts (I used walnuts because it's way cheaper)
- 2 garlic cloves
- 1/2 cup quality extra virgin olive oil
- 1/2 cup shredded parmesan cheese
- 1/8 teaspoon quality sea salt
- 1/8 teaspoon black pepper

From Mitch: That's about the gist of it, I tweaked it (little less salt, maybe another garlic clove!) here and there but that's the basics. Throw everything into a food processor to blend. Enjoy!

ROASTED CARROTS & CARROT GREENS CHIMICHURRI

Source: Love and Lemons (<https://www.loveandlemons.com/carrot-green-chimichurri/>)

Makes about 1 cup

- 1 cup finely chopped carrot greens
 - 2 teaspoons dried oregano
 - ¼ teaspoon cumin
 - 1 teaspoon ground sweet paprika
 - ½ teaspoon crushed red pepper flakes
 - 1 garlic clove, minced
 - 1 teaspoon salt
 - a few grinds of pepper
 - ¼ cup white wine vinegar
 - ¼ cup olive oil (a good fruity one)
1. Wash and dry carrot greens well.
 2. Roast carrots in a 450-degree oven for 10-15 minutes (or until tender but not mushy).
 3. Finely chop your carrot greens and mix with all the dried spices and minced garlic. Stir in the vinegar and olive oil. Taste and adjust seasonings. (tip: taste with a carrot or a piece of bread instead of the spoonful)
 4. Serve with roasted carrots (or other veggies), toasted bread, or over grilled fish or meat.

FREEZING SWEET PEPPERS

Blanch peppers if you want to use them in heated dishes; for uncooked preparations, don't blanch if you want a more crispy texture. To blanch, wash the peppers and remove their seeds. Blanch halved peppers in boiling water for 3 minutes; sliced or diced ones for 2 minutes. Then plunge them into ice water for 5 minutes to stop the cooking process. Remove and drain. Pack in zipper-lock freezer or vacuum food sealer-type bags, or freezer containers. Squeeze out any excess air and leave ½ inch of headspace (unless you are using the vacuum sealing method). Frozen peppers will keep for up to 12 months at 0°F.

ROASTED SWEET PEPPERS (FOR FREEZING)

Place peppers over a gas burner (or under a broiler or on a grill) until the skin is blackened on all sides. Put peppers in a bowl, cover with plastic wrap and let steam for 10 minutes. When peppers are cool, peel or rub away the blackened skin. Cut in half, remove and discard the stem and seeds. Toss with olive oil. Freeze in 1-cup containers.

Source: *The Farmers Market Cookbook: The ultimate guide to enjoying fresh, local, seasonal produce.* Julia Shanks and Brett Grohsgal

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 to 2 cups cauliflower florets
- 1 medium potato, diced
- 1 to 2 leeks, diced
- 1 medium bell pepper, diced
- 1 cup mushrooms, diced or thinly sliced
- 1 to 2 cups swiss chard, chopped
- 1 cup cooked pasta
- 1 roasted red pepper, diced
- 1 cup cooked rice
- 1 to 2 cups broccoli florets
- 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
- 1 to 2 cloves garlic, minced
- spices or herbs, like oregano, basil, rosemary,
- 1 to 2 teaspoons kosher salt, divided
- thyme, smoked paprika, cumin, chili powder

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.