



PlumFresh Harvest Subscription

Season 7, Week 21

Wednesday, October 26, 2022

Thankfully last week's predicted freeze did not materialize – although we were ready for it! (Thank you!) Most of the field crops held up pretty well – our field tomatoes are toast, but they were more impacted by disease than cold. Even the eggplant is still alive! And the high tunnels did their job quite well by protecting the sweet peppers and tomatoes. We should be able to harvest these through the end of the season!

Speaking of which, we wanted to let you know what our upcoming schedule will be. **The last Wednesday delivery day will be on November 16** – which means there are 3 more bags after this one. We've been doing some crop forecasting and we have some great bags lined up for you to finish the season!

And to close out the season, we'd like to invite you to the farm on **Sunday, November 13 from 1-3 p.m. for our annual Garlic Cracking!** This fun laid back event is a chance to come to the farm and help us get ready for garlic planting by breaking up ("cracking") the bulbs into cloves. We'll sit around, sip some hot cider, and celebrate the end of the season while we dream of next year's crops! What a fitting conclusion to the year!

Coming attractions include Sweet Potatoes (just harvested last week and are curing in the greenhouse to concentrate those sugars for you!), mini-broccoli, escarole, cilantro, dill, swiss chard and MORE!

This week's menu includes:

- Apples from Levering Orchard – *Spartan*
- Sunflower Shoots
- Lettuce – *Magenta, New Red Fire*
- Snow Peas – *Blizzard*
- Lunchbox & Lipstick Sweet Peppers

Regular Bags

- Slicer Tomatoes: *Estiva, Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Striped German, Hawaiian Pineapple*
- Garlic – *Music and Georgian Crystal*

Small Bags

Fruit Tomatoes Mix *Cherry Blossom, Chocolate Drop, Citrine, Lollipop, Red Pearl, Valentine*

Members Choice

- Arugula
- Broccoli from Felsbeck Farm
- Collards
- Eggplant – *Annina, Little Finger, Rosa Bianca*
- Kale
- Mushrooms – *Lion's Mane*
- Pac Choi -- *Bopak*
- Chile Peppers – Mild, Medium and Hot
- Poblano Chile Peppers
- Hot Peppers: *Calabrian, Cayenne, Jalapeño, Serrano*
- Shishito Peppers
- Potatoes – Creamers and Tiny Taters
- Saladette Tomatoes Mix
- Valentine Tomatoes
- Butternut & Red Kuri Winter Squash from Harmony Ridge Farms

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!
- **Snow Peas** should be transferred to a plastic bag for better storage.
- **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.
- **Shoots** store well in their plastic bag. Please wash them and spin dry before eating!
- **Garlic** should NEVER be stored in the refrigerator or in a plastic bag. Keep it in a cool place away from direct sunlight.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Lettuce** should be stored in its plastic bag in the crisper. Don't wash it until ready to use.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.

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? And don't forget that the **apples** from Levering Orchards are low-spray – they have only been sprayed twice the entire growing season – unlike most orchards which spray 12-15 times. It's true that they aren't organic – but there are far fewer chemicals in these apples than you'll find in any local commercial orchard.
- Have you tried using Sunflower Shoots as the base of a salad instead of lettuce? That's a favorite thing to do around our kitchen!

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



Recipes

SNOW PEA IDEAS

Source: *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

- Snow peas and sugar snaps can be tossed whole into the wok for stir-fries.
- Serve raw or lightly steamed snow and sugar snap peas on a plate with a variety of dipping sauces: mayonnaise, melted butter, salad dressing. This is a great favorite with children.
- Chop herbs like tarragon, dill, mint, basil, and parsley, and combine with chopped green onions and steamed peas.
- Toss a few snow peas in with fresh pastas to add crunch, flavor, and nutrition.
- Combine snow pea pods or snapped sections of sugar peas with shredded chicken, green onion, mayonnaise, almonds, raisins, and chopped apple for a most unordinary chicken salad.
- Stir-fry snows or sugar snaps with mushrooms, or try them raw in salads.
- Throw snow peas into the soup pot during the last few minutes of cooking.

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.

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
- ⅓ 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

Continued.....

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 $\frac{1}{3}$ -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.
-