



PLUM GRANNY
FARM.

PlumFresh Harvest Subscription

Season 7, Week 22
Saturday, October 29, 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 producing! 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. Hooray!

Speaking of which, we wanted to let you know what our upcoming schedule will be. **The last Saturday delivery day will be on November 19** – 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* (bag marked with an "A") and *Stayman* (bag marked with an "A St")
- Sunflower Shoots
- Lettuce – *Mini Romaine* and *New Red Fire*
- Garlic – *Music* and *Lorz Italian*

Regular Bags

- Farmers Choice Tomatoes: Slicers: *Estiva*, *Franchi Red Pear*, *Ken's New Zealand Pear*, *Martha Washington*, *Striped German*, *Hawaiian Pineapple*, *Valencia*
- Snow Peas – *Blizzard*
- Sweet Pepper Mix – *Corno di Torro*, *Sweet Bells*, *Jimmy Nardello* *Sweet Italian Frying Pepper*

Small Bags

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

Members Choice

- Arugula
- Broccoli from Felsbeck Farm
- Collards – *Cash Crop*
- Eggplant – *Annina*, *Little Finger*, *Rosa Bianca*
- Kale
- Pac Choi -- *Bopak*
- Chile Peppers – Hot
- Hot Peppers: *Cayenne*, *Jalapeño*
- Shishito Peppers
- Potatoes – Creamers and Tiny Taters
- 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.
- **Sunflower 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?

- This week's garlic mix is **Music** and **Lorz Italian**. You are pretty familiar with Music by now, but this is the first week we've had Lorz. Lorz Italian is our most bold garlic – it is called the Garlic Lover's Garlic! Excellent for Italian dishes as it was brought to America in the late 1800's by the Lorz family who were immigrating from Italy. Mama Mia, that's great garlic!
- There are two varieties of apples in this week's bag. Some of you may have Spartan and some of you may have Stayman. "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. "Stayman" is one of our favorite varieties because it is so crisp and has a great sweet-tart flavor. It too is great all-purpose apple – perfect for snacking or for cooking and baking. Do we see Apple 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

APPLE IDEAS

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

- As the saying goes, nothing is more American than apple pie. This classic dessert is especially good made with different kinds of flavorful apples. A traditional accompaniment is a wedge of aged Cheddar cheese—the sharper, the better. Or a scoop of vanilla ice cream.
- Applesauce is a good way to process and preserve a lot of apples at one time, and it makes an excellent snack, breakfast food, kid treat, or topping for cottage cheese.
- Make caramel apples! Either melt solid, premade caramel or make your own from scratch; dip your apples into the caramel and let cool. Tarter apples like Macintoshes and Granny Smiths help balance the sweetness of the caramel.
- Cut up apples and combine them with other fruits and berries for a fruit salad.
- Sometimes the simple things are best—like apple slices with a little whipped cream, cinnamon, nutmeg, and sugar.
- Baked apples are an easy dessert that taste especially grand on cold winter days. So are apple crisps, crumbles, and cobblers.
- Add apples to vegetable salads for extra crunch and sweetness. They go especially well with nuts, celery, bacon, and beets, and provide a welcome sweet note in coleslaw.
- Make apple butter. This is essentially applesauce that has been cooked and reduced slowly over a long time—caramelizing the fruit’s sugars, concentrating its flavors, and thickening it to a viscous consistency.
- Apple sandwiches! Try bacon, peanut butter, grilled cheese—with or without the bread!
- Combine julienned apples with finely sliced cabbage and carrots for a refreshing, crunchy slaw. Tart apples work especially well for this dish.
- Make dried apples and apple chips. These make delicious, highly portable snacks for school, work, or athletic activities.

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.

Chopped Autumn Salad with Apple Cider Dressing

★★★★★

Fresh, chopped Autumn salad with apple cider dressing has crunchy candied cinnamon pecans, apples, pears, bacon and feta cheese, all tossed in a sweet and tangy dressing.

Course	Side Dish
Cuisine	American
Prep Time	15 minutes
Cook Time	0 minutes
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Total Time	15 minutes
Servings	8 people
Calories	272kcal
Author	Tiffany

Source: [Chopped Autumn Salad with Apple Cider Dressing - Creme De La Crumb \(lecremedelacrumb.com\)](#)

Ingredients

- 6-8 cups chopped romaine lettuce
- 1 red apple diced
- 1 anjou or bartlett pear, diced
- 3-4 strips bacon cooked til almost crisp, crumbled
- ½ red onion chopped
- ⅓ cup dried cranberries
- ⅓ cup crumbled feta cheese

Nuts

- ⅔ cup pecans or walnuts
- ⅓ cup brown sugar
- ¼ teaspoon cinnamon

Dressing

- ⅓ cup apple juice
- ⅓ cup apple cider vinegar
- ⅓ cup olive oil
- 2 tablespoons honey
- ¼ teaspoon black pepper

Instructions

1. Combine all dressing ingredients in a jar, cover, and shake well. Set aside.
2. In a large bowl combine lettuce, apples, pears, bacon, onion, cranberries, and feta cheese.
3. Add walnuts to a medium pan and stir over medium heat on the stove for 1-2 minutes until toasted. Add brown sugar and cinnamon and continue to stir until sugar is dissolved and walnuts are coated in the sugar mixture. Transfer to a glass plate or a metal serving pan to cool. Once cooled, roughly chop and add to the salad.
4. Pour dressing over salad and toss to combine. Serve immediately.

Make ahead: Prepare as written but do not toss with the salad dressing. Store the salad and dressing in airtight containers in fridge up to 14 hours before serving. Toss with dressing just before serving.

Apples are in Season!

RECIPE

Apple Compte



Ready in **30 minutes**

Serves **6 servings**

Yields **3 ½ cups**

Ingredients

- 3 pounds tart apples, such as pippins, Gravensteins, Macintosh, Granny Smith, Pink Lady-peeled if desired, cored and cut in chunks
- 2 Tablespoons water
- 2 Tablespoons turbinado, dark or light brown sugar
- 1 Tablespoon lemon or lime juice
- Sweet spices if desired (cinnamon, nutmeg, allspice, clove)

Preparation

1. **Place apples and water in a heavy saucepan and stir over medium high heat until the mixture is bubbling. Reduce heat to low and cover. Cook, stirring often, until the apples have cooked down but still have some texture, 15 to 20 minutes.**
2. Add sugar, lemon or lime juice and spices.
3. **Cover and simmer for another 3 to 5 minutes. Remove from heat and allow to cool, or serve warm or hot.**
4. **Store in the refrigerator in a sealed container for up to 5 days.**

Tips

With cool Autumn mornings arriving, this is a wonderful topping for a warm bowl of

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
- 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

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.