



## *PlumFresh* Harvest Subscription

Season 7, Week 23

Wednesday, November 9, 2022

Welcome to Summer! At least that's how it has been feeling the past few days. On Monday, we were at 84. But it seems like a dose of reality is heading our way this weekend and next week as the temperatures plunge. Forecasts for Sunday night are in the 20s. Weather whiplash!

We are getting closer to our final bag of the season – just one more bag after this one! To help you plan your Thanksgiving cooking options, we will send you a preview of the menu over the weekend. We are planning on it being a larger bag than typical so we want to give you a heads up on what goodies will be in it!

And please don't forget to let us know if you are able to come to our **annual Garlic Cracking Party on Sunday, November 13 from 1-3 p.m.** This is so much fun! Plus, it is how we get ready to plant our amazing garlic. No heavy lifting, bending or squatting required – just sit around and break the garlic into cloves! We'll enjoy each other's company, 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!

Since we are back in Summer, we have Summer Spinach for you this week. We had this back in August but as a reminder, this is a special variety of Asian Green. It is harvested young, with light to dark green leaves and tender stems. The flavor and texture is subtly earthy, slightly chewy, with a hint of nuttiness. Overall, it has a very clean and mild flavor. Enjoy a taste of spinach in high summer (Part 2!)

This week's menu includes:

- Summer Spinach
- Sweet Pepper Mix – *Lunchbox, Bells, Lipstick, Corno di Toro (Red and Yellow)*
- Kale -- *Purple Peacock*
- Microgreens – *Blaze Mix (a variety of radishes in the mix)*
- Farmers Choice Tomatoes: Slicers: *Pink Berkley Tie Dye, Estiva, Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Striped*

*Roman, Striped German, Valencia, plus a sprinkle of Fruit tomatoes*

- Apples from Levering Orchard – *Stayman and York (marked AY or aY)*

### Regular Bags

- Beets – *Boro and Touchstone Gold*
- Escarole – *Eros*
- Herb -- Dill

### 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!

- **Summer Spinach** stores well in its plastic bag. It has been rinsed – not washed so be sure to wash it before eating!
- **Kale** stores well in its plastic bag
- **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.
- **Microgreens** store well in their plastic bag. Please wash them and spin dry before eating!
- **Tomatoes** belong on the counter – not in the refrigerator!
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- For **Beets**, cut the greens off for storage -- leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time. So try to use them within a week. The yellow beets are especially sweet.
- Place **Dill** upright in a container with an inch of water. Then cover the herbs loosely with a plastic bag and refrigerate for up to 2 weeks. stores well in a glass of water in the refrigerator.
- Keep unwashed **escarole** in a perforated plastic bag in the crisper for up to a week.

### Things to know + How do I use this stuff?

- There are 2 varieties of **apples** in this week's bag is **Stayman** and **York**. Stayman apples are a connoisseur's delight. Their distinctive sweet-tart flavor, snappy bite, satisfying texture and crimson color have made them a favorite since their discovery by Dr. Stayman in 1866. It is an ideal, all-purpose apple. As a snack, it gets high praise for its robust taste and firm, crisp flesh. The Stayman's large conical shape holds up well under heat, making it perfect for baking and cooking. York Apple fans know and love York for its intense tart/sweet flavor, firm flesh and distinctive shape. York is sometimes called **Nature's Perfect Keeper**: an apple that holds its crisp texture over time, while becoming mellower and sweeter tasting. The York variety was discovered early last century, near York, Pennsylvania.
- 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.
- **Dill** has feathery, blue-green leaves with a bright, clean, summery taste. It is a standard in pickling. It also combines well with green beans, broccoli, cabbage, carrots, cauliflower, tomatoes, parsnips, potatoes, spinach, cucumber, squash, eggplant, and eggs. Try adding it to yogurt sauces or baking it in bread.
- Classically added to salads, the **Summer Spinach** can also be wilted down in quinoa with eggs for breakfast. I tried it in a stir fry the other night and it was wonderful! If cooking it brings out a mineral flavor too much, try a fresh spinach salad with warm bacon bits and a creamy poppyseed dressing.
- A member of the chicory family, **escarole** has thinner, wavy, broad leaves with a tart, bittersweet taste that makes it a pungent addition to salads. It's also a great ingredient in cooked recipes

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



Source: Ellie Krieger in the  
Washington Post

[Walnut and Date-Stuffed Baked Apples - The Washington Post](#)

# Walnut and Date-Stuffed Baked Apples

**NOURISH** OCT 15, 2020

This new spin on the homey, old-fashioned dessert has much less added sugar than the traditional version, with just a little maple syrup drizzled on top, and a walnut filling sweetened with finely chopped dates. The dried fruit melds in seamlessly with cooking so you don't even realize it's there — you just get its sweet essence punctuated with the aroma of cinnamon, nutmeg and cloves.

Storage Notes: Leftover baked apples can be refrigerated in an airtight container for up to 3 days.

### SERVINGS:

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

Tested size: 4 servings

### INGREDIENTS

- 1/2 cup (2 ounces) walnut pieces
- 4 large cooking apples (about 2 pounds total), such as Rome, Cortland, Gala or Braeburn
- 3 tablespoons finely chopped pitted dates
- 4 tablespoons maple syrup, divided
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 pinch kosher salt
- 1/2 cup unsweetened apple juice

### DIRECTIONS

Position a baking rack in the middle of the oven and preheat to 350 degrees.

Place the walnuts on a small, rimmed baking sheet and toast until fragrant and slightly darkened, about 5 minutes. Transfer the nuts to a cutting board, let cool, then finely chop.

Core the apples, leaving their bottoms intact. (Use a melon baller to scoop out the core, but not all the way through.) Place the apples upright into a rimmed baking dish just wide enough for the apples to snugly fit, such as an 8-inch square baking pan.

In a medium bowl, combine the walnuts, dates, 2 tablespoons maple syrup, the cinnamon, nutmeg, cloves and salt. In a small bowl, stir together the apple juice with the remaining 2 tablespoons maple syrup. Stuff the center of each apple with the walnut-date mixture, then pour the apple juice around the apples. Cover the pan with aluminum foil and bake for 50 minutes to 1 hour, or until the apples are tender.

Serve hot or cold, drizzled with the pan juices.

## FRESH APPLE CAKE

This recipe comes to us from fellow *PlumFresh* member, Kelley Stack. She says, “Delicious and SO easy! This is a really moist cake and it’s delicious without the frosting, so we skipped it!”

Source: [kruizing with kikukat - Fresh Apple Cake \(google.com\)](#)

- 1 c vegetable oil
- 2 c sugar
- 3 eggs
- 3 c flour
- Dash of cinnamon
- 1 tsp baking soda
- 1 T. Bourbon or 2 tsp. Vanilla
- 1 c chopped pecans
- 3 c peeled and chopped apples

Preheat oven to 350 degrees. Grease a 9” x 13” pan. Combine oil, sugar, and eggs. Stir in flour, baking soda and cinnamon. Add bourbon (or vanilla), pecans, and apples. Spread in prepared pan and bake for 45-50 minutes. Cool for 2 hours. Then prepare frosting.

From Kelley: “This is a really moist cake and it’s delicious without the frosting, so we skipped it”!

### Frosting

- 1/2 c butter
- 1 c brown sugar, packed
- 1/4 c evaporated milk
- 1/2 tsp vanilla

Boil all ingredients in a small saucepan for 2 minutes. Set pan in bowl filled with ice water. Beat icing until of spreading consistency. Spread over top of cake.

## ESCAROLE AND BEAN SOUP

Source: Elizabeth Martin, *PlumFresh* member

*Elizabeth tells me that this is one of her family’s favorites. She notes that it can be varied to meet one’s preferences and that it is very easy! Sounds perfect for a damp, rainy day. This is definitely a Plum Granny Farm favorite!*

- Render about 12 1/2-inch pieces of salt pork or side meat or use a couple of tablespoons of olive oil.
- Sauté 1 med onion, chopped and 4 cloves of garlic, sliced, in the oil/fat
- Add the following:
  - 8 oz of tomatoes or 2 Tbsp of tomato paste (Elizabeth uses the concentrated tomato paste that comes in a tube)
  - 16 oz water or up to 32 oz chicken broth or vegetable broth
  - 1 or 2 cans of cannellini beans
  - Fresh ground black pepper
- Bring to a boil.
- Add 1 large or 2 medium heads of escarole, washed and torn into pieces.
- Cover and simmer for about 30 minutes until escarole is tender.

This recipe comes to us from PlumFresh member, Gloria. She says. "I am including a Kale Salad that we enjoy a lot. We use any of the Kale that we get from you for this and it is so good, that I have had even teenagers tell me they like it."

## Cooking

# Kale Salad With Apples and Cheddar

By Martha Rose Shulman

**YIELD** 4 to 6 servings

**TIME** 5 minutes

For a kale salad to be successful, use the most tender kale you can find and cut it into very thin filaments or chop it very finely (or both). Curly kale and Russian kale are more tender than black leaf kale. This is inspired by a wonderful salad I tried recently at the New York restaurant Northern Spy.

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### INGREDIENTS

**4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)**

**2 tablespoons coarsely chopped toasted almonds**

**1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice**

**1 ounce sharp Cheddar cheese, cut in 1/4-inch dice**

**2 tablespoons fresh lemon juice**

**Salt to taste**

**1 very small garlic clove, puréed**

**5 tablespoons extra virgin olive oil**

**2 tablespoons freshly grated Parmesan**

### PREPARATION

#### Step 1

Combine the kale, almonds, apple and Cheddar in a large bowl.

#### Step 2

Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.

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#### Tip

*Advance preparation: This salad benefits from tossing with the dressing about 15 minutes before you serve it. The kale will soften in the dressing.*

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### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

## DILL-IOUS IDEAS FOR DILL!

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

- Snip dill sprigs and add to your favorite tossed green salad for extra flavor.
- Make dill butter by adding  $\frac{1}{4}$  cup minced fresh dill to  $\frac{1}{2}$  cup softened butter. Mix well, cover, and refrigerate at least 2 hours before using to let the flavors blend.
- Snip bits of dill over summer potato, beet, and tomato soups for a zingy flavor.
- Add freshly minced dill weed to chilled tomato juice.
- Stir minced dill weed and other fresh herbs into cottage cheese.
- Dill has a natural affinity for citrus. Try finely chopped dill in a refreshing summer salad with oranges, or combine dill with fresh lemon juice as a dressing for vegetables.
- Dill and yogurt are primary ingredients in the ubiquitous creamy Mediterranean tzatziki sauce, which is served with grilled meats and as a dip.
- Enliven hot cooked cabbage by adding a generous sprinkle of chopped fresh dill.
- Make an interesting dish by combining a couple of members of the Umbelliferae family—dill with fennel, dill with carrots, or dill with parsnips.
- Fresh dill goes well with eggs and cheese. Try it in scrambled eggs or frittatas.
- An unexpected use for dill is in savory baked goods like cheese biscuits or scones.
- Dill is quite versatile in creamy dips and spreads of all kinds. Use your imagination—yogurt, cream cheese, Boursin, sour cream, goat cheese—and don't be afraid to try it with other fresh herbs on hand. Serve with raw vegetables and high-quality crackers or breads.