



PLUM GRANNY  
FARM.

## *PlumFresh* Harvest Subscription

Season 7, Week 24

Saturday, November 12, 2022

We hope that you made it through yesterday's storm okay. Luck was with us here (so far – fingers crossed!) Heavy downpours were interspersed with sun and clouds as the bands of rain moved through the area and then kept drenching us through the evening. So much for getting work done on the garlic field for the next week!

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 – we 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.

You have a nice mix of Summer and Fall flavors in this week's bag. The tomatoes are still pumping out fruit as are the peppers. We harvested all of the chile and hot peppers this week – we'll be roasting up the chile and will have it available for adding to your bag next week. Fall is also well-represented with beets, escarole, apples mini-broccoli and snow peas. Our snow peas have been amazing this year! They are really cranking out the pods and are SO tasty. We have a couple of new recipes for you this week.

This week's menu includes:

- Snow Peas -- *Blizzard*
- Sweet Pepper Mix – *Lunchbox, Bells, Jimmy Nardello, Lipstick, Corno di Toro (Red and Yellow)*
- Sunflower Shoots
- Farmers Choice Tomatoes: Slicers: *Estiva, Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Striped Roman, Striped German, Valencia*; Fruit Tomatoes: *Cherry Blossom, Chocolate Drop, Citrine, Lollipop, Red Pearl, Valentine*

- Escarole – *Eros*
- Herb – Italian Parsley
- Mini Broccoli

### Small Bags

- Microgreens – *Blaze Mix (a mix of radishes)*

### Member Choice

- Arugula
- Eggplant – *Annina, Rosa Bianca*
- Fennel
- Garlic – *Chesnok Red*
- Herbs – Dill and Rosemary
- Lettuce
- Kale
- Pac Choi -- *Bopak*

### Regular Bags

- Apples from Levering Orchard – *York (AY) or Stayman (AS)*
- Beets – *Boro and Touchstone Gold*

### Member Choice continued

- Poblano Chile Peppers
- Hot Peppers: *Aji Limo, Calabrian*
- Shishito Peppers
- 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, Sunflower Shoots and 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.
- **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.
- 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 very sweet.
- **Italian Parsley** will keep better if it is washed and dried right away. Fill a big sink or bowl full of cold water, and completely submerge the parsley, swishing vigorously. Then rinse under cold running water, and repeat if necessary. Spin or vigorously shake the parsley dry, then spread it out on a paper towel or two. Roll the paper towel loosely and slip the whole bundle into a plastic bag. The parsley will keep for up to 1 week—and it will be clean and just slightly damp (perfect!), ready for you when you need to grab a lot or a little for cooking.
- Keep unwashed **escarole** in a perforated plastic bag in the crisper for up to a week.
- **Mini-Broccoli** stores well in its plastic bag in the crisper.

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

- There are 2 varieties of **apples** in this week's Regular bag -- **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 mellow 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 than you'll find in any local commercial orchard.
- 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
- **Mini Broccoli** is more tender than regular broccoli, and has a milder flavor. The entire vegetable (stems, leaves, florets) is edible, and some people say it tastes similar to regular broccoli and asparagus. There is a sweetness to this broccoli that you won't find in regular broccoli. We hope you enjoy this special treat!

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



## Recipes

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.

This sounds great for  
Thanksgiving!

Source: New Morning Farm

# Apple Parsley Salad

NOVEMBER 10, 2021

One of Farmer Jenni's favorite last minute salads. Crisp and cool, great alongside our favorite hearty fall/winter recipes.

## Ingredients

- 2 Apples: Fuji and Pink Lady work well, but try any apples you like
- 1/2 med Onion diced,
- 1 bunch Parsley, chopped
- 1/3 cup plain Yogurt
- Salt and Pepper to taste
- Optional: toasted walnuts, pecans, pumpkin seeds or other for extra crunch

## Directions

- Dice onions and add with yogurt to bowl. Let these meld while slicing the apples.
- Slice apples into bite size pieces (peel if you like, but not required), and add apples to the bowl.
- Sprinkle chopped parsley over the top, mix and salt/pepper to taste.
- Enjoy! Stores well in the fridge for a day or two, though the apples may brown a bit.

## 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.

# Glazed Snow Peas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



## Directions:

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add 8 ounces snow peas, 1 bunch chopped scallions, a pinch of sugar and 1/4 cup water. Cover and simmer 2 minutes, then uncover and boil until the water evaporates, 2 more minutes. Season with salt.



Photograph by Antonis Achilleos  
Recipe courtesy Food Network Magazine

*Here's a suggestion from someone who made this recipe and commented on Food Network:*

Added three ingredients:  
sesame seeds and a little sesame oil, both at the beginning  
chopped garlic which is healthiest and tastiest if put in the last 30 seconds before finishing  
It's quite excellent this way and I would serve it in a pricey restaurant as an owner/chef with confidence.

# Kung Pao Snow Peas



Recipe courtesy of Food Network Kitchen

*Stir-frying retains the sweetness and crunch of these low-calorie snow peas. A blend of soy sauce, ginger, chiles and sesame oil, store-bought kung pao sauce adds heat and flavor to this dish without adding a lot of fat.*

**Level:** Easy

**Total:** 15 min

**Prep:** 10 min

**Cook:** 5 min

**Yield:** 4 servings

## Ingredients:

- 1 tablespoon peanut or grapeseed oil
- 1/2 large sweet onion, such as Vidalia or Maui, thickly sliced
- 8 ounces snow peas, ends trimmed (about 4 cups)
- 1/4 cup bottled all-natural kung pao, shiitake soy ginger or other low-sodium stir-fry sauce
- 2 tablespoons chopped unsalted roasted peanuts or cashews

## Directions:

- 1 Heat a wok or large skillet over high heat and add the oil. Add the onions and stir-fry until just wilted, about 30 seconds. Add the snow peas and stir-fry until nearly crisp-tender, about 2 minutes more. Add the sauce and stir-fry to coat, about 1 minute.
- 2 Transfer to a platter or large bowl, sprinkle with the nuts and serve.



## Cook's Note

Using an all-natural bottled sauce bursting with flavor makes this side so easy—and so pleasing. Select a sauce that has less than 400 mg sodium per serving.

From Food Network Kitchens



Serves 4

## TABBOULEH

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

*Source Note: This tabbouleh recipe is heavy on the parsley and light on the bulgur—closer to the way it is typically presented in Lebanon, its homeland. Go ahead and play with the proportions, though. If you have lots of cucumbers in your garden or CSA box, use twice the amount. If you're a nut for fresh mint, boost it right up. You really can't go wrong with tabbouleh's refreshing, tangy flavors as an accompaniment to just about any grilled meat or vegetable but do note that it is best served the same day it is made.*

### Bulgur Wheat

- ½ cup bulgur (cracked wheat)
- ½ cup water or chicken stock
- 3 to 4 tablespoons fresh lemon juice, divided
- ⅛ teaspoon kosher salt

### Salad

- 1 large bunch flat-leaf parsley
- 2 large Roma tomatoes, cut into ¼-inch dice
- ½ English cucumber, cut into ¼-inch dice
- 2 green onions, very thinly sliced
- 2 to 4 tablespoons chopped fresh mint
- 2 tablespoons extra-virgin olive oil
- Kosher salt

1. Heat the water and 2 tablespoons of the lemon juice in a small saucepan over medium-high heat. Add the bulgur and salt; bring to a simmer, cover, and cook for 3 minutes. Take the pan off the heat and let it stand, still covered, for about 10 minutes. Transfer the bulgur to a bowl, stir in a drizzle of olive oil, and put it in the refrigerator for about 15 minutes to cool.
2. Meanwhile, wash and dry the parsley, then pull off all the leaves. You should have at least 3 cups, loosely packed. Chop the leaves until they are quite small (I find this easiest to do in two batches).
3. In a large bowl, combine the bulgur, parsley, tomatoes, cucumber, green onions, mint, 1 tablespoon of the lemon juice, and the olive oil. Season to taste with salt, pepper, and more lemon juice or oil if desired.

## IDEAS FOR USING PARSLEY – IT'S NOT JUST FOR GARNISH!

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

- Blend it with other green herbs and vegetables into a salsa verde.
- Deep-fried or air fryer parsley is delicious and makes a great surprise appetizer.
- Combine with bay, thyme, chervil, and other herbs to form a bouquet garni for making soups, stews, and stocks.
- Sprinkle finely chopped parsley on top of salads, egg dishes, potatoes, casseroles, and any vegetable dish for additional color, flavor, and nutrition.
- In salads, make parsley a featured ingredient, not just an afterthought garnish.
- Make gremolata, an Italian condiment made with parsley, garlic, and lemon zest.
- Adding finely chopped fresh parsley, basil, and oregano to bottled or canned tomato or pasta sauce can help eliminate that “store-bought” taste.