



PlumFresh Harvest Subscription

Season 8, Week 1
Wednesday May 24, 2023

Welcome to the first *PlumFresh* harvest bag of our eighth season! And we are so excited to bring you an amazing bag of deliciousness. This week you are getting some of the true tastes of late Spring –raspberries, garlic scapes, and carrots.

The raspberries are amazing this year – this is the first year in a while that we’ve had more than a smattering of them. The plants are really producing heavily but they have a short season – this variety only produces for about 2 weeks. So, enjoy them while you can! We should probably have them one more week.

Some of you may be wondering where the strawberries are. So are we! We have had a terrible strawberry season this year. We are actually going to be taking out the plants next week – in peak strawberry season, no less! They are diseased and aren’t producing much at all. The plants that we received last fall from Cottle Nursery in Faison were horrible. Nearly all of the plants had the crown buried (a no-no for strawberries) and they were quite sad looking. Cottle is the largest grower of strawberry plants in the state but the quality of plants we got from them last year (as well as previous years) would not indicate that they know what they are doing. Never again. We have found some other smaller strawberry farms in the state that we will be getting our plants from this fall. Here’s to a better strawberry season next year!

But the good news is that this week marks the beginning of the very special Garlic Scape Season! Scapes are Step 2 of our **Five Step Garlic Program**! 😊 Garlic Scapes are the flower shoots that emerge on hardneck garlics like Music or German Red (trust me, you’ll learn this as we go through the season!). If you have never had them before, they are a TREAT to be savored! Folks get so excited when they see scapes for the first time at market. More info below...

Just a general note about the produce -- everything that we grow is Certified Organic. Occasionally we will include produce from other farmer friends that we trust. We will always tell you if something is not grown by us – we want to be completely transparent about this!

This week’s menu includes:

- Raspberries –*Prelude*
- Carrots – *Napoli and Yaya*
- Garlic Scapes – *Music and Georgian Crystal*
- Collards – *Alabama Blue and Top Bunch*
- Radishes – *Rover, Pearl and French Breakfast*
- Ginger

Small Bags Only

- Lettuce – *Nancy*

Regular Bags Only:

- Salad Mix – *Gourmet Mix with edible flowers (Pansies and Violas)*

Add/Sub Items:

- Pac Choi – *Bopak Green (instead of Rosie)*
- Spring Garlic – *Red Toch*
- Kale – *Lacinato*
- Swiss Chard – *Bright Lights*

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.
- Raspberries are very fragile & need to be refrigerated immediately (or eat them!) as they do not have a long shelf life because we pick them very ripe. They can be frozen – place them in a single layer on a cookie sheet and freeze. Pour the berries in to a ziplock bag for freezing. No more iceberg berries!
- **Garlic Scapes** store well in a plastic bag in the crisper. Will last about 2+ weeks. They can also be chopped and frozen in a ziplock bag or in a vacuum-sealed bag.
- 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 and the Garlic Scapes 101 e-book below!
- Remove **radish** leaves. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week. Scrub radishes well to remove dirt. Trim off the stem and rootlets. Slice, chop or mince the roots or leave them whole.
- Keep the **lettuce, Salad Mix and collards** in plastic bags in the fridge.
- **Ginger** can be stored on the kitchen counter.

How do I use this stuff?

- This bag looks tailor-made for a stir-fry! Garlic scapes, carrots, ginger – stir-fry nirvana!
- A new item for you could be **Garlic Scapes**. All of it can be used except for the “beak” – the pointed end that looks like it could turn into a flower. It's edible but just a bit too grassy and tough. The rest is tender and tasty. Think a garlicky green bean or asparagus for texture.... See the recipes below for inspiration!
- Let's talk collards. Collards don't have to be cooked for 5 hours with bacon grease. The collards in your bag are young, tender – almost baby leaves -- and are delicious. The recipe below is a farm favorite. The peanut sauce really brings out the best in this under-rated veggie. Give it a try!
- **Radishes** and their greens are delicious stir-fried or sautéed lightly in a little butter or olive oil, garlic, and salt. Cook radishes on moderately high heat for about 10 to 12 minutes, or until crisp-tender; the greens for about 5 minutes, or until wilted but still bright green.

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



Recipes

At the end of this week's newsletter, you'll find an e-book from Shared Legacy Farm on **Garlic Scapes**. This booklet has lots of additional recipes and tips on working with scapes.

You'll be seeing more items from Shared Legacy Farm throughout the season. We purchased materials from them to help educate our *PlumFresh* members on how to use the different veggies we grow. Especially helpful will be some of their “exit strategies” to use when you may have too much of an item in a given week (it happens!)

JIM'S SCAPE PESTO – *from one of our scape-loving customers!*

In the bowl of a food processor, add 1 cup scapes then add 1/3 cup toasted walnuts. Process. Then add 1/2 cup extra virgin olive oil slowly. Then add 1/3-1/2 cup GOOD Parmesan cheese. Add salt + white pepper to taste (I normally skip this now!). Serve over pasta or anywhere you would normally use pesto. The pesto can be frozen for later use.

WHITE BEAN AND GARLIC SCAPES DIP

Source: *NY Times* June 18, 2008

A Plum Granny Farm Favorite!! Hummus-like dip that can be served with veggies or crackers. Always a hit when we demo it at the Farmers Market!

Time: 15 minutes

Yield: 1 1/2 cups

- 1/3 cup sliced garlic scapes (3 to 4)
 - 1 tablespoon freshly squeezed lemon juice, more to taste
 - 1/2 teaspoon coarse sea salt, more to taste
 - Ground black pepper to taste
 - 1 can (15 ounces) cannellini beans, rinsed and drained
 - 1/4 cup extra virgin olive oil, more for drizzling.
1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.
 2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.
 3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt. Serve with veggies or crackers

Total Time: 20 minutes Serves: 4

SPAGHETTI WITH TOMATOES AND SCAPES

Source: *Wall Street Journal* (<https://www.wsj.com/articles/spaghetti-with-tomatoes-and-scapes-20-minute-recipe-1493820001>)

This easy and tasty whole-wheat pasta dish from Baltimore chef Spike Gjerde comes together in 20 minutes, using basic pantry staples. Garlic scapes, just coming into season, add extra kick.

- Kosher salt
 - 3 tablespoons olive oil
 - 1/3 cup sliced garlic scapes
 - 1 shallot, minced
 - 1 teaspoon dried oregano
 - 3 anchovy fillets
 - 1 cup red wine
 - 1 (28-ounce) can crushed tomatoes
 - 1 bay leaf
 - 3 tablespoons capers, rinsed and roughly chopped
 - 1 pinch of sugar, as needed
 - 1 pound whole-wheat spaghetti
 - Freshly grated Parmesan, for serving (optional)
1. Bring a medium pot of salted water to a rolling boil over high heat. Meanwhile, heat oil in a large sauté pan over medium heat. Once hot, stir in scapes, shallots, oregano and anchovy fillets to pan. Gently fry, stirring and smashing fillets, until scapes soften slightly and anchovies begin to melt, about 2 minutes.
 2. Increase heat to medium-high, add wine and bring to a boil. Boil until wine reduces by half, 2 minutes. Stir in crushed tomatoes, bay leaf and capers. Bring sauce to a simmer, about 2 minutes. Taste, adjust seasoning and add a pinch of sugar if tomatoes lack sweetness. Continue gently simmering until flavors meld, 10 minutes more.
 3. While sauce simmers, add pasta to boiling water and cook until al dente. Drain spaghetti and add it to sauce. Toss to thoroughly combine and adjust seasoning as needed. Top with grated Parmesan, if using.

RADISHES WITH SALT AND BUTTER

Serves 4

Author Note: This is a popular snack in France, eagerly devoured by young and old alike. Sometimes the radishes are sliced and eaten atop thick slices of generously buttered French bread, open-faced, and finished with a shake of the salt grinder.

- 12 radishes, trimmed and washed
- Sweet cream butter, unsalted
- Coarsely ground sea salt and freshly cracked black pepper

Dab each radish with a generous dollop of butter, sprinkle with sea salt and pepper, and enjoy.

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

SOUTHWESTERN RADISH SALAD

Serves 4

Orange-Salsa Dressing

- 1 cup prepared salsa
- ½ cup orange juice, preferably freshly squeezed
- 2 tablespoons cider vinegar
- 1 teaspoon grated orange zest

Salad

- 6 cups lettuce, cut into 1-inch strips
- 1½ cups sliced radishes
- 3 hard-boiled eggs, cut into wedges
- 1½ cups cooked red kidney beans, or 1 (16-ounce) can, rinsed and drained
- 1 (7-ounce) can corn kernels, drained
- 1 cup Monterey Jack cheese, cut into 1-inch cubes
- ½ cup crumbled cooked bacon or bacon bits
- ¼ cup sliced green onions

1. Thoroughly combine all of the dressing ingredients.
2. Combine all of the salad ingredients, toss with the dressing, and serve immediately.

— Featherstone Farm, Rushford, Minnesota, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

STEAMED COLLARDS WITH LIME-PEANUT SAUCE

Source: Linda Watson in the blog, *Cook for Good* (<http://cookforgood.com/recipe/steamed-collards-with-lime-peanut-sauce.html>)

20 min Total Time
Yields 4 servings

This sauce is SO good and works with lots of different veggies, but it is simply amazing with collards. Make extra sauce for other dishes- slaw, salad dressing.

- 2 cloves garlic
- 3/4 lb. fresh collards [NOTE: What you have]
- 1 teaspoon grated fresh ginger (or 1/2 teaspoons dried ginger in a pinch)
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1/8 teaspoon chipotle powder

1. Mince garlic and put into a small bowl. Rinse collards well.
2. Set up a steamer: Put about an inch of water in a large pot, add a steamer basket, and cover the pot. Heat steamer over high heat until water starts to boil, then turn temperature down to low so water barely boils.
3. Cut or tear collard leaves away from the center stems. Cut off the bottom of each stem, then cut stems into quarter-inch lengths. Add stems to steamer basket and cook for about four minutes.
4. Cut collard leaves into ribbons about two inches by one-quarter inch. Add collard leaves to steamer and cook until tender, about five minutes.
5. Add remaining ingredients to bowl with garlic and stir to mix. When collards are tender, transfer them to a serving bowl, top with lime-peanut sauce, and stir to mix.
6. Serve hot or at room temperature. Refrigerate any extra and reheat briefly before serving.

Recipe tips and notes

- Because you stir in the sauce after steaming the collards, you have a chance to adjust the heat level to suit everyone. Delay adding the chipotle and stir the mild but still flavorful sauce into some of the greens for heat-adverse diners, then stir chipotle into the remaining sauce. You can also serve plain steamed collards and pass the sauce separately.

MORE COLLARD IDEAS

- Boiled or pan-steamed greens are tasty seasoned with onion, garlic, and plenty of chopped fresh herbs such as mint, dill, and basil.
- Sauté collards with tofu, garlic, and red pepper flakes for a quick, nutritious, vegetarian meal.
- Serve collards with beans—especially black-eyed peas. An avant-garde approach to spring rolls and sushi: cooked collard greens with black-eyed peas and brown rice.
- Add chopped collards to soups and stews.
- These greens go especially well with ham, bacon, and pork fatback. Sauté chopped greens with a little bacon fat or a hunk of salt pork, sugar, and pepper. Splash liberally with hot pepper vinegar just before serving.
- The liquid left after slow-cooking collards with pork is extremely nutritious and delicious—it's the famed "pot liquor." Drink this broth on its own as a savory soup, or use it as you would vegetable stock.
- Try a vegetarian stew of collard greens, cabbage, sweet bell peppers, garlic, onions, mushrooms, tomatoes, and hot red peppers, seasoned with molasses, vinegar, and seasoned salt.
- Collards work well in most recipes calling for kale.

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

Makes about 1 cup

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

- 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.

CARROT COINS WITH MAPLE BALSAMIC BROWNED BUTTER

- 3 ¼ c. slices peeled carrots (about 1 pound), ¼-inch-thick slices
 - 1 T. butter
 - 1 T. maple syrup
 - 1 t. balsamic vinegar
 - 1/8 t. salt
 - 1/8 t. pepper
 - 1 t. chopped fresh parsley
1. Steam carrots, covered for 15 minutes until tender.
 2. Melt butter in a medium skillet over medium heat. Cook butter until lightly browned (2 minutes?), stirring occasionally. Add syrup, vinegar, salt, and pepper. Stir until combined.
 3. Add carrots; cook 1 minute until heated through, stirring to coat. Stir in parsley.

Garlic Scapes 101

Wait... garlic *what*?



 **Shared Legacy Farms**
Elmore, OH
Community Supported Agriculture

How to store:

Garlic scapes keep well in a plastic bag in the fridge for two to three weeks. They will also keep for a few days (and will look beautiful) in a glass with a little cool water in it, on the counter in a cool room. Change water daily.

Substitutes:

Chives, scallion tops, ramp leaves, garlic (but go a bit lighter in quantity)

How to Prep:

Raw garlic scapes are crunchy like green beans or asparagus, but you can eat scapes raw or cooked, whole or chopped. To prep, just trim and discard the stringy tip of the scape and the bottom woodier part of the stem. Cut crosswise, either minced or in large sections, depending on how you will use it.

How to Freeze Garlic Scapes:

1. Wash the garlic scapes.
2. Chop garlic scapes into 1/8- to 1/4-inch sections. Or just leave them whole for freezing.
3. Place garlic scapes into a cheesecloth bag or fine mesh strainer and blanch in boiling water for 30 seconds. This is important to kill any bacteria or micro-organisms.
4. Immediately dunk them into a bowl of ice water for 30 seconds to stop the cooking process.
5. Spread garlic scapes thinly on a cookie sheet and freeze. Freezing initially on a cookie sheet helps prevent clumping.
6. Place frozen garlic scapes in a freezer bag or sealable plastic container and store in the freezer. Use within a month.

Simple Roasted Garlic Scapes

Ingredients:

1 Bunch of garlic scapes
Butter
Olive oil
Salt and freshly ground black pepper

Directions:

Preheat oven to 375 F for 20 minutes.
Wash and then chop the scapes into smaller more manageable lengths.
Brush a roasting pan (lined with foil) with olive oil.
Lay the scapes on the oiled cookie sheet. Sprinkle with kosher salt and freshly ground pepper. Roast at 350 degrees for about twenty minutes.
Serve with a dish of melted butter to dip them in.

Simple Grilled Garlic Scapes

Ingredients:

6 garlic scapes
olive oil
salt and pepper
lemon juice

Directions:

Toss garlic scapes with a little olive oil, salt and pepper. Grill over medium-high heat for about 2 minutes, turning once halfway through cooking.
The flavor is reminiscent of grilled asparagus and surprisingly very different from the flavor of the raw scapes.
Finish with another sprinkle of salt if desired and perhaps some lemon zest or a sprinkle of fresh lemon juice.

Garlic Scape Dressing

Recipe adapted from daphnesdandelions.blogspot.com

Make this dressing to top your beautiful head of lettuce this week. It also makes a nice dressing for a pasta salad, or use it as a marinade for chicken breasts. Makes about $\frac{3}{4}$ c dressing.

Ingredients:

1 oz garlic scapes
 $\frac{1}{4}$ c olive oil
 $\frac{1}{4}$ c white wine vinegar (I use balsamic)
1 heaping tablespoon honey
1 T Dijon mustard
 $\frac{1}{4}$ t salt
Pepper

Directions:

Throw it all in a food processor and puree until smooth. Taste and adjust the seasoning as necessary.

Pickled Garlic Scapes

Adapted from www.foodiewithfamily.com

Yield: 2 Pints of Pickled Garlic Scapes

Ingredients:

2 bunches garlic scapes (washed and trimmed of any withered or brown areas)

1 1/2 cups apple cider vinegar

1 1/2 cups water

2 tablespoons kosher salt

2 tablespoons sugar

Additional ingredients PER PINT:

1/2 teaspoon black peppercorns

1/2 teaspoon mustard seed (not ground mustard)

1/4 teaspoon crushed red pepper flakes (can omit if you're sensitive to heat)

1/4 teaspoon coriander seeds (not ground coriander)

Directions:

Coil each garlic scape and insert into a sterilized Mason jar. When you have filled the jar to within 1/4 –inch of the top of the jar, coil or break any extra scapes and stuff them down into the center of the jar. When the jars are full of scapes, add the spices to each pint jar. Set aside.

Bring the apple cider vinegar, water, salt, and sugar to a boil, stirring until the salt and sugar are dissolved. Carefully pour the boiling brine over the garlic scapes. The garlic scapes will probably pop up and look like they are trying to get out of the jar. Use a butterknife to push it back into the jar. Wipe the rims of the jars, then fix the lid tightly into place. Let the jars come to room temperature before storing in the refrigerator for 6 weeks before opening and tasting.

The pickled garlic scapes will store well for up to 8 months when stored tightly covered in the refrigerator. If at any point the scapes stick above the brine and develop mold, remove the entire scape that has mold. The rest should still be alright.

Garlic Scape Lemon Compound Butter

from www.relishments.com

Ingredients:

1 stick salted butter, softened

1-2 garlic scapes

zest, from 1/4 of a lemon

Directions:

Chop the garlic scapes into small pieces, about a quarter of an inch each. Add the pieces to the bowl of a food processor and chop until fine.

Add the butter (you may need to give it a rough chop in order for it to fit in the food processor) and the lemon zest to the garlic scapes.

Puree in the food processor until all ingredients are evenly combined

Storage:

For immediate use, place the compound butter in a jar or plastic container. Store in the fridge for up to a couple weeks

For longer term storage, place the compound butter on a piece of wax paper, roll it into a log and twist the ends. For additional protection, place the roll of butter into a plastic zipper bag. Store in the freezer for 2-3 months.

Garlic Scape and Cherry Tomato Pasta

Adapted from Saveur

Ingredients:

Kosher salt and freshly ground black pepper, to taste

½ lb. spaghetti

2 tbsp. olive oil

10 garlic scapes

1 pint multicolored cherry tomatoes

1 red onion, thinly sliced

1 cup baby arugula

1 lemon, zested and juiced

Directions:

Heat oven to 400°.

Bring a large pot of salted water to a boil; add spaghetti and cook, stirring occasionally, until al dente, about 8 minutes. Drain pasta and keep warm.

Toss olive oil, garlic scapes, tomatoes, red onion, salt, and pepper and spread in an even layer on a baking sheet. Roast for 12–15 minutes, until tomatoes are just beginning to burst.

Remove from oven and toss with spaghetti, arugula, and lemon zest and juice. Serve immediately.