



PlumFresh Harvest Subscription

Season 8, Week 2
Saturday May 27, 2023

Did you enjoy your first bag of the season last week? We sure hope so! You've got a couple of repeats in this week's bag that we didn't think you would mind (raspberries, carrots) along with some new items as well.

It's been a busy week on the farm flipping lots of beds in our high tunnels and raised beds to get ready for some big plantings next week. Ray also hilled and fertilized the potatoes and is prepping the field for sweet potatoes – the slips come in on Tuesday! This week we'll be planting lots of lettuce, celery, peppers, squash, cucumbers, and tomatoes. Ginger will be planted in their grow bags in the greenhouse extension. We are closing out May with lots of activity!

This week's bag includes produce from our friend, J French of Felsbeck Farm. J and Connee live about 3 miles away from us and we have known them ever since we started farming. Although they are not Certified Organic, J uses sustainable methods, and we feel good about how they grow.

This week's menu includes:

- Raspberries – *Prelude*
- Carrots – *Napoli and Yaya*
- Kohlrabi – *Azur Star (purple) and Korist (white)*
- Radishes – *Rover, Pearl and French Breakfast*
- Greek Oregano
- New Potatoes – *Dark Red Norland from Felsbeck Farm*

Regular Bags Only:

- Salad Mix – *Gourmet Mix with edible flowers (Pansies and Violas)*
- Cabbage from Felsbeck Farm

Small Bags Only

- Lettuce – *Nancy*

Add/Sub Items:

- Arugula – *Astro*
- Collards – *Alabama Blue and Top Bunch*
- Garlic Scapes – *Chesnok*
- Kale – *Lacinato or Darkibor*
- Pac Choi – *Bopak Green*
- Young Garlic – *Inchelium Red*
- 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! And although we are not a fan of their berries, here are [some tips from Driscoll's on storing raspberries](#).
- Store **kohlrabi** bulb and leaves separately. The bulb will last for 2 weeks refrigerated in a plastic bag. Wrap leaves and stalks in plastic bag and keep in hydrator drawer of refrigerator.

- Treat **fresh oregano** sprigs like a flower: Just snip off the stem ends, place them in a glass of water, and store on the counter at room temperature or in the refrigerator. Another method is to wrap it in damp paper towels and store it in a plastic bag in the refrigerator vegetable crisper, where it will keep for 3 to 4 days.
- 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.
- **Cabbage** has a remarkable storage capacity. Just stick dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Cabbage can keep for 3 months with high humidity! Once cut, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks.
- Keep the **lettuce and Salad Mix** in plastic bags in the fridge. They have not been washed.

Things to Know + How do I use this stuff?

- Perhaps **kohlrabi** is new for you – we started growing it a couple of years ago and really enjoy it. Here are a few basics:
 - It's a member of the cabbage family
 - The whole plant is edible, but usually when we talk about kohlrabi, we mean the bulb of the plant.
 - The bulb kind of tastes like broccoli stems with a slight peppery cabbage taste but there's also a sweetness there as well.
 - It doesn't have to be peeled, but the peel can be tough, so I usually do.
 - Kohlrabi can be eaten raw or cooked. When cooking, steam kohlrabi, boil, or bake with other vegetables and spices. Kohlrabi also make great edible bowls for stuffing. You can eat it raw in slaws and salads, as well as roasted and stir-fried. Try raw slices sliced hummus (one of my favs). The Kitchn blog has a great primer on prepping kohlrabi -- <http://www.thekitchn.com/how-to-cut-up-kohlrabi-cooking-lessons-from-the-kitchn-205838>.
- **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! Happy Memorial Day weekend! Until next week,



Recipes

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

KOHL-SLAW

Source: *Asparagus to Zucchini* via Three Rivers Community Farm

- 4-6 medium sized kohlrabi, peeled and grated
- 1/2 cup grated carrots
- 1 cup finely shredded cabbage
- 2 tsp olive oil
- 1 small onion, or bunch of green onions, diced
- 1/4 cup apple cider
- 1 apple, cored and diced

Combine all ingredients in large bowl and toss. Cover and refrigerate a few hours to blend flavors. Toss before serving.

KOHLRABI HASH BROWNS

Source: *Farmer John's Cookbook* via Three Rivers Community Farm

- 2 kohlrabi (about 1 pound), peeled
- 1/2 tsp dried red pepper flakes
- 2 eggs, lightly beaten
- freshly ground pepper
- 1 small onion, chopped
- 2 T olive oil
- 2 T dried bread crumbs
- 2 T butter
- 1 tsp salt
- plain yogurt or sour cream

Grate the kohlrabi and wrap it in a dish towel. Squeeze out excess moisture. Combine eggs, onion, breadcrumbs, salt and pepper and add in kohlrabi. Heat the oil and butter in skillet. Add the kohlrabi and press down firmly. Do not stir. Carefully, flip the kohlrabi with the spatula, press down firmly with the spatula again and brown for another 5-7 minutes. Serve with yogurt or sour cream.

OREGANO TIPS

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

- Add a touch of oregano to egg dishes such as omelets, frittatas, or just plain old scrambled eggs.
- Fresh oregano makes an unexpected taste surprise in pasta salads and potato salads.
- Drape or wrap whole sprigs of oregano and other herbs onto other foods on the grill, such as chicken or potatoes.

CARROT COINS WITH MAPLE BALSAMIC BROWNE 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.

Cabbage Soup

Prep Time: 15 mins

Cook Time: 35 mins

Serves 6



This easy cabbage soup recipe is healthy, comforting, and deeply flavorful. Serve it with crusty bread for a simple, delicious meal.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 carrots, chopped
- 1 medium yellow onion, diced
- 1 celery rib, diced
- 2 tablespoons white wine vinegar
- 2 (14.5-ounce) cans fire roasted diced tomatoes
- 4 cups vegetable broth
- 1 (15.5-ounce) can cooked white beans, drained and rinsed
- 4 garlic cloves, grated
- 2 Yukon gold potatoes, diced
- 1 small green cabbage, about 1 pound (9 cups chopped)
- 1 teaspoon dried thyme
- $\frac{3}{4}$ teaspoon sea salt
- Freshly ground black pepper
- Fresh parsley, for garnish

Instructions

1. Heat the oil in a large pot over medium heat. Add the carrots, onion, celery, salt, and several grinds of fresh pepper, and cook, stirring occasionally, for 8 minutes.
2. Add the vinegar, stir, and then add the tomatoes, broth, beans, garlic, potatoes, cabbage and thyme. Cover and simmer for 20 to 30 minutes, or until the potatoes and cabbage are tender.
3. Season to taste, garnish with fresh parsley, and serve.

Find it online at <https://www.loveandlemons.com/cabbage-soup/>

STUFFED CABBAGE STOUP

Recipe courtesy of Rachael Ray

Total Time: 37 min Prep: 12 min Cook: 25 min

Yield: 4 servings

Ingredients

4 tablespoons extra virgin olive oil, divided
1 cup raw white rice
1 quart plus 2 cups chicken stock, divided
1 1/2 pounds ground meatloaf mix (a combination of beef, pork and veal) **
1/2 teaspoon allspice, eyeball it in your palm
1 1/2 teaspoons coriander, half a palm full
2 teaspoons smoked paprika,
Salt
Pepper

1 bay leaf
1 onion, chopped
2 cloves garlic, minced
1 carrot, thinly sliced with a vegetable peeler
1/2 -3/4 head Savoy or regular cabbage, thinly sliced
1 (28-ounce) can diced tomatoes
1 cup tomato sauce
Handful of flat-leaf parsley, chopped
3 tablespoons dill, finely chopped

Directions

Heat a sauce pot over medium-high heat with 2 turns of the pan of extra-virgin olive oil, about 2 tablespoons. Add the rice and toss to coat in oil. Add 2 cups of chicken stock, bring up to a simmer, cover and cook for 16 to 18 minutes or until the rice is tender. [NOTE: You can also just cook the rice in water in a rice cooker – no oil is needed]

Heat a deep pot over medium high heat. Add the remaining extra-virgin olive oil, once hot add meat and begin to brown, 2 to 3 minutes. Season the meat with allspice, coriander, smoked paprika, salt and pepper. Add bay leaf, onions, garlic and carrots. Cook veggies 2 to 3 minutes to begin to soften them, then add cabbage and wilt it down a bit. Add tomatoes, tomato sauce, and remaining stock and cover the pot. Raise the heat to high and bring the soup to a simmer. Simmer for about 10 minutes. Once the rice is cooked, add to the soup and continue to simmer for 2 to 3 minutes. Stir in parsley and dill, adjust salt and pepper to your taste, and serve.

**For a vegetarian option, we use Morning Star Veggie Griller Crumbles. We sauté them with the spices (allspice, coriander, smoked paprika, salt and pepper) until they are brown. Don't add to the stoup mixture in the pot – add it to your bowl when serving.

Read more at: <http://www.foodnetwork.com/recipes/rachael-ray/stuffed-cabbage-stoup-recipe.print.html?oc=linkback>