



PlumFresh Harvest Subscription

Season 8, Week 2
Wednesday May 31, 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 along with some new items as well.

Lots of rain over the Holiday weekend – we got over 2 inches. The heavy rain and then persistent drizzle yesterday prevented us from harvesting raspberries. 😞 The berries do not fare well when they are wet. They are fragile enough in perfect conditions – wet berries are a perfect invitation for mold.

We've been busy flipping lots of beds in our high tunnels and raised beds to get ready for some big plantings. This week we're planting lots of lettuce, celery, peppers, squash, cucumbers, and tomatoes. Ginger will be planted in their grow bags in the greenhouse extension. Ray got some tractor work done before the rain -- hilling and fertilizing the potatoes and prepping the field for sweet potatoes. Our sweet potato slips came in yesterday, so we'll be planting very soon! 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, they use sustainable methods, and we feel good about how they grow.

This week's menu includes:

- Carrots – *Napoli and Yaya*
- Kohlrabi – *Azur Star (purple) and Korist (white)*
- Radishes – *Rover, Pearl, and French Breakfast*
- Salad Mix – *Gourmet Mix with edible flowers (Pansies and Violas)*
- New Potatoes – *Dark Red Norland from Felsbeck Farm*

Regular Bags Only:

- Cabbage from Felsbeck Farm
- Greek Oregano

Add/Sub Items:

- Arugula – *Astro*
- Garlic Scapes – *Chesnok*
- Kale – *Lacinato or Darkibor*
- Microgreens – *Mild Mix*
- Pac Choi – *Bopak*
- 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.**
- 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.
- Keep the **Salad Mix** in plastic bags in the fridge. It has not been washed.

- 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.
- 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.
- **Microgreens** can be refrigerated in their container. Please wash and spin dry before using.

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 faves). 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! Until next week,



Recipes

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.

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
- ¼ 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 bay leaf
1 cup raw white rice	1 onion, chopped
1 quart plus 2 cups chicken stock, divided	2 cloves garlic, minced
1 1/2 pounds ground meatloaf mix (a combination of beef, pork and veal) **	1 carrot, thinly sliced with a vegetable peeler
1/2 teaspoon allspice, eyeball it in your palm	1/2 -3/4 head Savoy or regular cabbage, thinly sliced
1 1/2 teaspoons coriander, half a palm full	1 (28-ounce) can diced tomatoes
2 teaspoons smoked paprika,	1 cup tomato sauce
Salt	Handful of flat-leaf parsley, chopped
Pepper	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>

SAUTÉED CABBAGE

Sautéed cabbage is an easy, DELICIOUS vegetable side that's healthy and goes with so many dishes! Vinegar is the secret ingredient to making it taste great.

PREP:5 mins
COOK:10 mins
TOTAL:15 mins
SERVINGS: 6 Servings

- 1 small head green cabbage *about 2 1/2 pounds*
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ tablespoon apple cider vinegar *plus additional to taste*
- 1 tablespoon chopped fresh thyme *optional*

Instructions

- Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large saute pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm.

Notes

- **TO STORE:** Store Sautéed Cabbage in an airtight container and place in the refrigerator for up to one week.
- **TO REHEAT:** Place Sautéed Cabbage in a microwave-safe bowl or on a plate and reheat gently until warm. You can perk your leftovers up by adding another sprinkle of salt and a splash of apple cider vinegar after reheating.
- **TO FREEZE:** Sautéed Cabbage can be frozen if placed in a freezer-safe container. The texture of the cabbage may change slightly while frozen, but will still taste delicious when thawed.

Garlic Cabbage Stir Fry

PREP TIME 15 minutes

COOK TIME 15 minutes

TOTAL TIME 30 minutes

SERVINGS: 4

AUTHOR [Holly Nilsson](#)

Cabbage Stir Fry is a healthy and flavorful dish that's better than take-out!

Ingredients

- 1 tablespoon vegetable oil
- 4 cloves garlic
- 2 teaspoons ginger
- 3 green onions
- 4 cups shredded cabbage
- 1 carrot
- 1 package ramen noodles

Sauce

- 3 tablespoons [hoisin sauce](#)
- 1 ½ tablespoons soy sauce
- 1 ½ teaspoons rice vinegar
- 1 teaspoon brown sugar
- ½ teaspoon sriracha
- ½ teaspoon sesame oil

Instructions

1. Thinly slice the green onions separating the white and green parts. Mix the sauce ingredients in a small bowl and set aside.
2. In a small pot boil ramen noodles according to package directions. Reserve ⅓ cup of the cooking water. Drain and set aside.
3. Heat the vegetable oil in a large skillet over medium heat. Add garlic, ginger and the whites of the green onions. Cook just until fragrant.
4. Add the cabbage and carrots and cook until slightly tender, about 3-5 minutes.
5. Add the sauce, noodles, and 2 tablespoons of the reserved cooking water or more as needed. Stir while cooking until the cabbage is tender.
6. Remove from heat and garnish with the remaining green onion and sesame seeds. Drizzle with additional hoisin or teriyaki sauce if desired.

Notes

If using bottled teriyaki sauce, ensure it's one that is thick (like bbq sauce).

For a low carb dish, skip the ramen noodles and add additional cabbage.

Cabbage can be replaced with coleslaw mix, it will cook faster than cabbage.

Cooked chicken or shrimp can be added.

Nutrition Information

Calories: 186, Carbohydrates: 26g, Protein: 5g, Fat: 8g, Saturated Fat: 2g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 4g, Cholesterol: 1mg, Sodium: 978mg, Potassium: 273mg, Fiber: 3g, Sugar: 7g, Vitamin A: 2710IU, Vitamin C: 30mg, Calcium: 56mg, Iron: 2mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)