



PlumFresh Harvest Subscription

Season 8, Week 3
Wednesday June 7, 2023

Even though Summer hasn't arrived yet, we're already looking ahead to fall with our planting! We've been working on the final prep for the sweet potato field – the beds are shaped, and the irrigation drip tube is installed, so now it's just a matter of connecting the irrigation lines to the header and turning on the water. Sweet potatoes like to be planted in very wet soil. Since the transplants (slips), are just bare root stems, they need a lot of water to take off. We've got a bunch of slips! We'll plant between 1,600-1,800 for sure! Get ready for lots of these sweets come October!

Speaking of coming attractions... several new items will be showing up in your bag soon: fennel, escarole, frissé, fresh garlic, tomatoes, basil, Italian parsley and Napa cabbage. And our blackberries aren't too far behind – they should be ready in a couple of weeks.

A special treat is in this week's bag – sweet cherries from [Levering Orchard](#) in Ararat, Virginia. This is the 2nd year we've been able to get them and we are super excited to share them with you this year. This 115-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees – and 56 varieties of cherries alone! A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. These cherries were last sprayed about a month ago. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprays only 3 times in the season. The cherries are truly delicious! We will also be getting apples from Levering a few times this fall.

If you are a sour cherry fan, the picking starts today! These cherries are super popular, so don't delay if you want to get some! Frank tells me that this year is a pretty good crop of cherries although some cold nights in March dampened production a bit. Check his [website](#) or hotline (276-755-2224) for information on picking hours. It is a delightful drive to his farm – only about 20 minutes from Mount Airy.

Just a quick note about how we pack bags: when we get products from a farm that is not Certified Organic, we must physically separate that product from ours so there is no contamination of our veggies and fruits. For example, the cabbage from Felsbeck Farm is wrapped in a plastic bag to avoid the "mixing" of products. We try to be very mindful of our use of plastic and try to recycle as much as possible and there are some cases where we must protect our items. The National Organic Program has started paying more attention to this issue (Organic Integrity) recently. Of course, their attention is focused on much larger operations than ours, but we must certify each year that we are doing everything possible to eliminate the risk. We must live up to that standard.

Speaking of recycling – we greatly appreciate your assistance with our efforts to reduce, recycle and reuse. We are happy to take back our paper and plastic bags as well as fiber pint and quart containers and egg cartons.

Unfortunately, we cannot reuse plastic clamshells – we have tried washing them and they always look dirty. And doubly unfortunately -- they cannot be recycled. The only thing that can be done (that we are aware of) is to dispose of them in the trash – which we hate! We have been looking for an alternative for several years and we have not found a product that will work for us. We'll keep looking! If you know of something, please share!

This week's menu includes:

- Pac Choi – *Bopak*
- Lettuce – *Nancy and Magenta*
- Arugula – *Astro*
- Bunching Onions – *Nabechan*
- Sweet Cherries (Index and Chelan) from Levering Orchard

Regular Bags Only:

- Sunflower Shoots
- Salad Turnips -- *Hakeurei*
- Green Tomatoes – *Galahad*

Small Bags Only:

- Cabbage from Felsbeck Farm

Add/Sub Items:

- Broccoli from Felsbeck Farm
- Carrots – *Napoli and Yaya*
- Collards – *Cash Crop*
- Garlic Scapes – *Chesnok*
- Kale – *Lacinato or Darkibor*
- Radishes – *Rover*
- Young Garlic – *Red Toch*
- 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. And yes, you may even find a bug (or slug!) in your veggies! Please wash your veggies and fruit before eating!
- Keep the **Arugula, Lettuce and Pac Choi** in plastic bags in the fridge. They have not been washed.
- **Sunflower Shoots** can be refrigerated in their container. Please wash and spin dry before using.
- Store **cherries** in your refrigerator in a plastic, perforated bag in the crisper drawer for up to a week. Unlike grocery store cherries, they are very ripe and perishable. Make sure you wash the fruit before eating.
- **Bunching onions** should be stored in a plastic bag in the crisper drawer. See the attached **Bunching Onion 101** e-book for more information.
- **Salad Turnips** should be stored with the roots separated from the tops. If greens are attached, they should look fresh, not yellow. Remove the greens from the turnips and store in a separate plastic bag in the crisper drawer (with humidity vent closed). Use within 2-3 days for best texture.

How do I use this stuff?

- **Cherries!** To pit cherries: use a paperclip bent into an S-shape and insert into the center of the cherry to pull out the pit. We recommend buying a cherry pitter — OXO Good Grips makes a good one. It's well worth it. To freeze: Choose firm, ripe cherries (not mushy ones). Take 4 cups and mix with 1 cup of sugar. Stir occasionally until the sugar dissolves. Pack the cherries and juice in quart Ziplock freezer bags, removing as much air as possible. Freeze for up to a year. To dehydrate: You can dehydrate pitted cherries.
- **Check out the e-book** from Shared Legacy Farm for ideas on what to do with **Bunching Onions!** They've got a great simple recipe for DIY Onion Powder too.

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



Recipes



Roasting Turnips

1. Wash and trim turnips. Cut larger ones in half. Drizzle with olive oil and toss to coat. Spread on a lined baking sheet and sprinkle with kosher salt.
2. Roast in 425 degree oven for 15 minutes or until tender or caramelization occurs.



6 Ways to Eat Turnips

1. Roasted

Like all root vegetables, turnips really shine when they are roasted. Toss with olive oil, garlic, or ginger, your favorite spices, and you're in for a treat!

2. Braised

Turnips are great for braising. They absorb the flavorful braising liquid, mellow out, and become sweet and juicy. Add them into your next veggie stew.

3. Grilled

Toss whole or halved turnips with some oil or butter, then throw onto the grill until some nice grill marks appear.

4. Cooked like other greens

Don't forget turnip greens are edible! Stir-fry or sauté the tops, or blanch the greens and blend them with some garlic, nuts, and cheese to make a lightly spicy pesto. Tops can also be wilted into pasta dishes, risotto, or even soups (think gumbo).

5. Raw

Our salad turnips are so sweet that they can be eaten raw. Julienne them into matchsticks and add them to a vegetable tray and dip with your favorite dip or hummus. Or slice them into your green salads.

6. Pickled or fermented

Turnips can be pickled and fermented but still retain a refreshing crunch. Just swap turnips into your favorite cucumber or carrot pickle recipe, or add them to your next homemade batch of kimchi.

NEED IDEAS FOR SWEET CHERRIES?

Probably not... Most likely they were eaten fresh before you got home. But just in case, here are some ideas!

[Dark Sweet Cherries: Ten Cherry Recipes for June | Kitchn \(thekitchn.com\)](#)

[Cherry Clafoutis Recipe | Food Network Kitchen | Food Network](#)

BOK CHOY SALAD

Source: Roxbury Farm CSA newsletter. Recipe developed by Alexandra Stafford. Link to more information and video can be found here: www.alexandracooks.com

This bok choy salad recipe has become an early summer staple when the bok choy begins arriving in our farm share. The dressing has that salty-sweet dynamic, which the slightly bitter bok choy welcomes. The sesame-almond crunch is addictive!

1½ pounds bok choy, thinly sliced and soaked in cold water to allow dirt to settle, then drained—it's OK if a little water is clinging to the greens

FOR THE SESAME-ALMOND CRUNCH:

- 1 cup slivered almonds
- 1/4 cup sugar
- ⅓ cup sesame seeds
- 1/2 teaspoon flaky sea salt, such as Maldon, or 1/4 teaspoon kosher salt

FOR THE DRESSING:

- 1 to 3 tablespoons sugar, see notes above
- ¼ cup grapeseed oil or olive oil
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 6 green onions, thinly sliced

If you haven't prepared the bok choy, slice it crosswise into ½-inch pieces. Place it in a large bowl, and cover with cold water. Set aside while you prepare the rest of the salad.

Place the almonds and sesame seeds in a large, dry skillet set over medium heat, and cook, stirring occasionally (watching like a hawk) until golden brown. Transfer to a small plate or sheet pan to cool.

Sprinkle the 1/4 cup sugar in an even layer over the same pan and set over medium heat. Line a plate with parchment paper. The moment the sugar is completely liquefied and beginning to turn brown, add the almonds, sesame seeds, and sea salt. Stir with a heat-proof spatula or wooden spoon until the nut-seed mixture is evenly distributed. Do this quickly, so that the mixture does not burn. Immediately transfer the nut-seed mixture to the plate to cool.

In a small saucepan, bring the dressing ingredients to a boil, using 1 tablespoon of the sugar. Whisk until sugar is dissolved. Once the mixture comes to a simmer, turn off the heat. Add the sliced green onions, give the pan a swirl, and set aside. Dressing can be used while warm or cool.

Scoop the bok choy from the bowl of water and transfer it to a colander. Dry in a salad spinner or by simply using a large towel — it doesn't have to be completely dry. Transfer bok choy to a salad bowl. Pour the dressing over top and toss. Taste. Add a pinch of sea salt if necessary. Just before serving, add the nut mixture and toss well.

SPICY STIR-FRIED NOODLES WITH BOK CHOI (WITH OR WITHOUT BACON)

Serves 3-4

Source: Katherine Deumling: *Cook With What You Have*

Quick, spicy and delicious, these noodles can be changed up with what you have. Any quick cooking green works well but the crunchy bok choy stems are really nice here. You can use fresh ramen noodles or any long, skinny dried noodle.

Variations

- skip the bacon
 - substitute whatever quick-cooking greens you have for the bok choy such as Tokyo Bekana
 - substitute snap, snow or shelling peas, finely chopped kohlrabi or chopped radishes for the carrots
 - reduce the amount of chili flakes for a milder version
 - 12 ounces fresh or dried noodles
 - 1 tablespoon oil (divided)
 - 2 slices bacon (about 2 ounces), diced (optional)
 - 2 teaspoons fresh, minced or grated ginger (micro-plane works well)
 - 2 large cloves garlic, minced (use the fresh garlic – add a bit more)
 - 1 medium carrot, halved or quartered lengthwise and thinly sliced crosswise (**or Snap Peas**)
 - 1 large head (or 3-4 baby) bok choy, stems and leaves thinly sliced (**or Tatsoi**)
 - 1 1/2 tablespoons soy sauce
 - 1 teaspoon fish sauce (optional)
 - 1 tablespoon toasted sesame oil
 - 1/4 teaspoon red pepper flakes plus 2 more teaspoons oil and another teaspoon soy or fish sauce
 - Chopped cilantro, for serving (optional)
1. Bring a large pot of water to a boil and cook noodles according to package instructions. Drain and rinse with cold water, drain again and put in a bowl and toss with 2 teaspoons oil and set aside.
 2. Combine the soy and fish sauces, toasted sesame oil and red pepper flakes in a small bowl and set aside.
 3. Meanwhile, heat just a little oil in a large, heavy or non-stick skillet over high heat. Add the bacon and cook for a few minutes to begin rendering the fat. Add the ginger and garlic and turn down to medium-high and sauté for just a minute. Add the carrots and cook for 2 minutes stirring regularly to make sure the garlic doesn't burn. Turn the heat back up to high, add the greens. If the pan is at all dry add a little more oil. Stir-fry just long enough for leaves to wilt then add the drained noodles and the soy sauce mixture and combine well. Cook, incorporating everything evenly for 30-60 seconds to heat everything through.
 4. Serve hot, topped with cilantro if you'd like.

Arugula Pesto

By Martha Rose Shulman

Time 10 minutes

Rating ★★★★★ (876)

To most people, pesto means one thing: pesto Genovese, the famous and fabulous basil paste from the Italian Riviera. But there are sauces made with copious amounts of other herbs or greens not destined for pasta. They aren't called pestos, yet that's what they are — all made by grinding herbs and other ingredients to a paste, then thinning out and enriching with oil. This dish is inspired by one found in southern Italy. This sauce, like other forms of pesto, is all pungent with garlic. In addition to serving this vibrant pesto with pasta, it can be used with grains — risottos made with rice, barley, or wheat — and as a topping for tomatoes. It's great on its own, spooned onto a thick slice of country bread. Don't use a sharp olive oil with this, or it will overwhelm the arugula.

INGREDIENTS

Yield: Makes about $\frac{2}{3}$ cup

For the Arugula Pesto

- 2 garlic cloves, cut in half, green shoots removed
- 2 heaped tablespoons shelled walnuts
- 4 ounces arugula, stemmed, washed and dried 2 cups leaves, tightly packed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ to $\frac{1}{2}$ cup extra virgin olive oil, as needed
- $\frac{1}{3}$ to $\frac{1}{2}$ cup freshly grated Parmesan, to taste

PREPARATION

For the Arugula Pesto

Step 1

Turn on a food processor fitted with the steel blade, and drop in the garlic cloves. When they are chopped and adhering to the sides, stop the machine, scrape down the sides of the bowl and add the walnuts. Turn on the machine, and process until they are finely ground. Scrape down the bowl again, and add the arugula and the salt. Pulse until the arugula is finely chopped, then turn on the machine and run while you slowly drizzle in the olive oil. When the mixture is smooth, stop the machine, scrape down the sides and process for another 30 seconds or so. Scrape out into the bowl of a mortar and pestle. Grind the mixture with the pestle for a smoother texture. Work in the cheese and combine well.

Tip

Advance preparation: Cover the top with a film of olive oil, and this will keep in the refrigerator for a couple of days. Martha Rose Shulman can be reached at martha-rose-shulman.com.

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

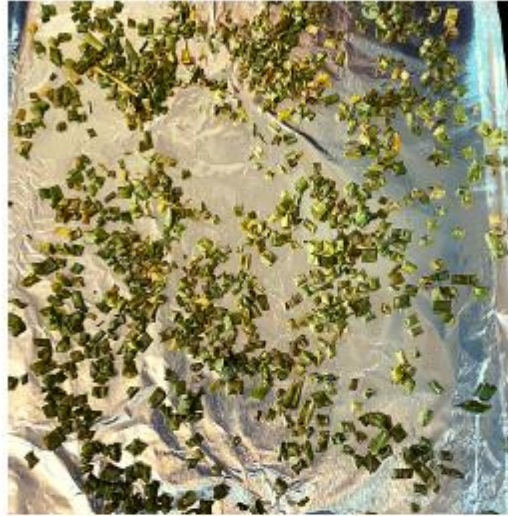
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

HOW TO PRESERVE GREEN ONION TOPS

DIY ONION POWDER



Slice the green onion tops into smallish segments and arrange them on a sheet pan lined with foil. Make sure you don't overcrowd the pan.



Have the oven set to the lowest temperature and crack the door open slightly. It will take roughly 7 - 9 hours for the green onions to dry out completely.



Once the green onions have dried completely they will feel really light and very brittle and will crumble easily.



In a blender or spice grinder load up the dehydrated green onions and grind into a fine powder. Store in a Mason Jar!

Bunching Onion 101

Also known as scallions...



Tasting Notes:

Bunching onions, also known as scallions or the generic “green onion,” are so named because they are seeded in a bunch, so they can be easily pulled out in one clump. They are “bulbless” with a thin white hollow top which has a milder flavor than other onions. They also come in a purple-skinned variety.

How to Store:

The best way to store scallions is to chop off about three-quarters of the tender green tips and stand the scallions in an inch of water in a tall container covered loosely with a ziplock bag. Place in the refrigerator or leave on your counter, refreshing the water every 3 days.

How to Prep:

Pull the outer layer of skin off and cut the scallion roots off at the base. Also trim the green tops about midway up. Use the white portion and the green section that is light-colored and tender.

Substitutes

Shallots, leeks, ramps, sweet onion, red or yellow onion, chives.

How to Freeze Bunching Onions:

Use the flash freeze method. Chop the green onions to desired size. Place them into a freezer Ziplock baggie and freeze. You can also chop the green tops into one-inch sections, and freeze those separately. They are great for Asian soups and stir-fries.

Getting Overwhelmed?

Put Green Onions in Your Freezer Scrap Bag:

If you start getting overwhelmed with green onions, remember you can always put them into your “freezer scrap bag.” When this gallon-size Ziplock gets filled with veggie scraps, you can dump them all into a giant pot, add some salt and peppercorns and bay leaf, and bring to a boil/simmer for 2 hours to make some DIY vegetable broth.

Suggested Recipes:

Grilled Scallions

Adapted from Mark Bittman

Ingredients:

2 bunches scallions, trimmed, with a lot of greens still attached
3 T. extra virgin olive oil
salt and pepper
2 limes, 1 halved, 1 quartered
chopped fresh cilantro for garnish

Directions:

Heat charcoal or gas grill to moderately high heat and put the rack about 4 inches from the heat source.

Brush or rub the scallions with oil until well coated. Grill, turning once or twice, until deeply colored and tender, 5-10 minutes. Transfer to plate, sprinkle with salt and pepper, and squeeze juice of the lime halves over all. Serve with garnished cilantro hot or at room temp.

Roasted Scallions, Mediterranean-Style:

Heat the oven to 400 F. Use lemons instead of limes and parsley instead of cilantro. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

Roasted Scallions, Asian-Style:

Great for sushi bowls or to garnish noodle and rice dishes. Heat the oven to 400 F. Instead of the olive oil, use a combo of 1 T peanut oil and 1 T. sesame oil; use 3 T. rice vinegar instead of the limes. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

Green Onion Jalapeño Cornbread

Adapted from Bon Appetit, 2004

Ingredients:

- 3/4 cup all purpose flour
- 3/4 cup yellow cornmeal
- 1/4 cup sugar
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 cup thinly sliced green onions
- 1-2 teaspoons minced jalapeño chile with seeds
- 1 1/4 cups buttermilk
- 2 large eggs
- 1/4 cup (1/2 stick) unsalted butter, melted, cooled

Directions:

Preheat oven to 350°F. Butter 13x9x2-inch metal baking pan. Whisk flour, cornmeal, sugar, salt, baking powder, and baking soda in large bowl to blend. Stir in green onions and jalapeño. Whisk buttermilk and eggs in medium bowl to blend, then whisk in melted butter. Add buttermilk mixture to dry ingredients and stir just until blended (do not overmix). Transfer batter to prepared pan (batter will come only about 3/4 inch up sides of pan). Bake cornbread until lightly browned on top and tester inserted into center comes out clean, about 25 minutes. Transfer pan to rack and cool cornbread completely in pan. (Cornbread can be prepared 1 day ahead. Cover tightly with foil and store at room temperature.)

Baked Potato Soup With Bacon, Green Onion & Cheddar

Adapted from www.TheKitchn.com

Makes 10-12 servings

Ingredients:

2 sticks unsalted butter
1 cup all-purpose flour
8 cups whole milk
5 large potatoes, baked and cubed (peeled, if desired)
2 pounds bacon, cooked and crumbled (about 2 cups)
3 cups shredded cheddar cheese
2 cups sour cream
1 bunch green onions, thinly sliced
1 tablespoon kosher salt
1 tablespoon ground black pepper
2 clove garlic, minced (optional)
1/4 cup grated Parmesan cheese (optional)

Directions:

Melt the butter in the bottom of a large pot over medium-high heat. Add flour and whisk to combine until thickened. Whisking continuously, slowly pour in the milk and whisk until mixture is smooth. Be sure to get the corners of the pan.

Add all of the remaining ingredients and lower the heat to medium. Stir occasionally until the cheese is melted and the soup is warmed through.

Green Onion Pancakes with Spicy Soy Dipping Sauce

Adapted from [The CSA Cookbook by Linda Ly](#)

Makes 4 servings

Ingredients:

For the Dipping Sauce:

- 1/4 c. soy sauce
- 2 T. rice vinegar
- 1 t. sugar
- 1 t. toasted sesame seeds
- 1/2 serrano pepper, thinly sliced

For the pancakes:

- 2 c. all-purpose flour
- 1 1/2 t. kosher salt
- 2 c. cold water
- 1/4 c. sunflower oil, divided
- 1 bunch of scallions (reserve 1 for dipping sauce)

Directions:

Make the dipping sauce: combine all ingredients in a small bowl. Thinly slice 1 full stem of green onion and stir into sauce. Set aside.

Finely chop the green tops of the scallions and white parts.

Combine flour and salt in medium bowl. Whisk in the water until the batter is well blended and free of lumps.

Heat a medium skillet over medium heat, and coat the surface evenly with 1 T. of the oil.

Spread 1/4 of the scallions across the hot skillet in a single layer, then pour 1 cup of the batter evenly over the onions. (It can be a free-form shape).

Fry until the edges of the pancake start to crisp and the bottom is golden brown, about 4 minutes.

Gently flip the pancake and fry the other side until cooked through, about 2 minutes. Transfer to serving dish and cover, then repeat with 3 remaining batches. Serve warm with dipping sauce.

Orecchiette with Sautéed Greens and Scallion Sauce

Adapted from FoodandWine.com

Ingredients:

3/4 pound orecchiette pasta
4 tablespoons unsalted butter
1 bunch of scallions, thinly sliced
3-4 garlic cloves, thinly sliced
3/4 cup dry white wine
Salt and freshly ground pepper
2 tablespoons extra-virgin olive oil
5 oz of baby arugula
6 large Swiss chard leaves, stems and central ribs discarded, leaves coarsely chopped
1/4 cup mascarpone cheese

Directions:

In a large pot of boiling salted water, cook the orecchiette until al dente. Drain, reserving 1/4 cup of the cooking water.

Meanwhile, in a medium saucepan, melt the butter. Add the sliced scallions and garlic and cook over low heat until softened, about 5 minutes. Add the white wine and cook over moderate heat until reduced by half, about 5 minutes. Add 1/2 cup of water and puree the mixture in a blender until smooth. Season the scallion sauce with salt and pepper. Wipe out the pasta pot and heat the olive oil in it. Add the arugula and Swiss chard; cook over high heat until wilted, 5 minutes. Add the pasta, scallion sauce and the reserved pasta cooking water and simmer, tossing and stirring, until the sauce is thick, about 3 minutes. Stir in the mascarpone, season the pasta with salt and pepper and serve.

Pickled Green Onions

Adapted from www.theeasyhomestead.com

Ingredients:

- 3 Cups Filtered Water
- 1.5 Cups White Distilled Vinegar
- 1.5 Tablespoons of Salt
- 20-30 Green Onions (4-5 bunches)
- 1/2 teaspoon Whole Black Peppercorns
- 1/2 teaspoon Mustard Seeds
- 1/2 – 1 teaspoon Dried Dill (depending on taste)
- 1/2 teaspoon Crushed Red Pepper (optional)

Directions:

Heat water, vinegar, and salt in medium saucepan over med-low heat until all salt is dissolved. Set aside and let cool until ready to use.

While water, vinegar, and salt are coming to a boil cut the ends off of the green onions.

Cut the tops off of the green onions right where it starts to look like a 'fork in the road.' Save these for fresh chives.

Add peppercorns, mustard seeds, dried dill, and crushed red pepper (optional) to a 1 quart mason jar. Stuff the cut onions into the jar. Pack them in tight.

Pour liquid from the saucepan over the onions. Leave about 1 inch headspace. Liquid should still be a little hot/warm. You want this so it cooks the onions a bit. Let cool to room temperature. Put a lid on it and stick it in the fridge. Pickles will be ready in 12 hours but the best flavor is 3-7 days!

* If you like it hot add crushed red pepper.

* If you like to taste a lot of dill then add 1 teaspoon. Little dill 1/2 teaspoon.

* Stays good for up to one month in the fridge.