



## *PlumFresh* Harvest Subscription

Season 8, Week 4  
Saturday June 10, 2023

Even though Summer hasn't arrived yet, we're already looking ahead to fall with our planting! We achieved a milestone on Friday -- the sweet potatoes are in the ground! We planted about 1,900 in nice soppy wet soil. They like to be planted in very wet soil since the transplants (slips), are just bare root stems and need a lot of water to take off. Get ready for lots of these sweets come October!

A special treat is in this week's bag -- sweet cherries from [Levering Orchard](#) in Ararat, Virginia. This is the 2<sup>nd</sup> 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 is his commitment to use a low spray approach to growing fruit. 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 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 started last Wednesday. These cherries are super popular, so don't delay if you want to get some! 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.

Let's talk **recycling** a minute, shall we? 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!

Here's what's in this week's bag:

- Carrots -- *Napoli and Yaya*
- Escarole -- *Eros*
- Lettuce -- *Nancy and Magenta*
- Salad Turnips -- *Hakurei*
- Sweet Cherries (Index and Chelan) from Levering Orchard

### Regular Bags Only:

- Napa Cabbage -- *Minuet*
- Tomatoes -- *Galahad and Defiant*

### Add/Sub Items:

- Arugula
- Broccoli from Felsbeck Farm
- Collards -- *Cash Crop*
- Garlic Scapes -- *Chesnok*
- Kale -- *Lacinato or Darkibor*
- Kohlrabi -- *Azur Star*
- Young Garlic -- *Inchellium Red*
- Sunflower Shoots
- 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!
- **Tomatoes** belong on the kitchen counter. There's a mix of ripe and not-quite-as-ripe. Set the less ripe ones on a windowsill to move along their process. Do not refrigerate!
- Keep the **Arugula, Escarole, Lettuce and Pac Choi** in plastic bags in the fridge. They have not been washed.
- Separate the tops from the **Carrots** and store them in separate plastic bags in the fridge.
- 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.
- **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.
- **Sunflower Shoots** can be refrigerated in their container. Please wash and spin dry before using.

### 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.

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



## Recipes

### 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](#)



## 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.

# Braised Salad Turnips with Balsamic Glaze

*From Shared Legacy Farms' Turnip 101 E-Book: Adapted from [ripleyorganicfarm.com](http://ripleyorganicfarm.com)*

Salad turnips are turned into a magical side dish with the addition of a balsamic-based glaze. Total time required: about 20 minutes. Makes 2-4 servings.

## **Ingredients:**

- 2-3 T butter
- 1 bunch salad turnips, greens removed and saved for another use, roots trimmed and quartered or cut into bite sized chunks depending on size
- 2-3 T water
- 2-3 T balsamic vinegar
- 1 T sugar or 2 teaspoons maple syrup
- salt and pepper to taste
- minced fresh herb like parsley, scallions, etc. (optional)

## **Directions:**

Melt butter in pan and add turnips to coat. Add water and bring to simmer. Reduce heat to maintain slow simmer, cover and cook until tender, about 7-10 minutes. Uncover pan and add vinegar, sugar, salt, pepper. Increase heat to medium-high while stirring frequently until sauce starts to form a glaze on the turnips.

## Pickled Hakurei Turnips

*From Shared Legacy Farms' Turnip 101 E-Book: Recipe adapted from Ziedrich, The Joy of Pickling, 250 Flavor-Packed Recipes for Vegetables and More from Garden of Market.*

Total time required: 30 minutes, plus additional unattended time for pickling.

### **Ingredients:**

- 1 bunch Hakurei turnips, trimmed at top and bottom and peeled if desired
- 2 t pickling salt
- 1 ½ c water
- 1 T seeded and minced hot or sweet pepper
- 3 T sugar
- 1 ½ c rice vinegar or white wine vinegar

### **Directions:**

Score each turnip several times at top and bottom. Put the turnips into a bowl. Stir the salt into the water until the salt dissolves. Pour this brine over the turnips. Let them stand at room temperature for 30 minutes to an hour.

Drain the turnips well, return them to the bowl with the minced pepper, and toss well.

Combine the sugar and vinegar, stirring until the sugar dissolves. Pour the liquid over the turnips. Cover the bowl with plastic wrap and refrigerate the turnips for two days, after which they will be ready to eat. Well covered and refrigerated, they will keep for several months.

## NAPA CABBAGE SALAD WITH RAMEN NOODLES

*This is SO good! Several years ago, I got this recipe from Harvey and Susan Moser of Moser Manor Farm in King. We've made it several times and it is a real keeper! Toss the ramen noodle seasoning packet – you won't need it for this recipe. The source of this recipe is Allrecipes.com*

### Ingredients

1 head napa cabbage  
1 bunch minced green onions  
½ cup butter  
1 (3 ounce) package ramen noodles, broken  
1 cup slivered almonds  
2 tablespoons sesame seeds  
¾ cup vegetable oil  
½ cup white sugar  
¼ cup cider vinegar  
2 tablespoons soy sauce

### Directions

#### Step 1

Finely shred cabbage; do not chop. Combine green onions and cabbage in a large bowl. Cover and refrigerate until ready to serve.

#### Step 2

Preheat the oven to 350 degrees F (175 degrees C).

#### Step 3

Make the crunchy topping: Melt butter in a pot. Stir ramen noodles, almonds, and sesame seeds into the pot with melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated oven, turning often to make sure they do not burn, for 5 to 7 minutes. When they are browned remove them from the oven.

#### Step 4

Make the dressing: Heat oil, sugar, vinegar, and soy sauce together in a small saucepan. Bring the dressing to a boil, let boil for 1 minute. Remove the pan from heat and let cool.

#### Step 5

Toss together cabbage with crunchy topping and dressing immediately before serving. Serve right away or the crunchies will get soggy.

### Nutrition Facts

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Per serving: 632 calories; total fat 51g; saturated fat 12g; cholesterol 27mg; sodium 653mg; total carbohydrate 40g; dietary fiber 6g; total sugars 22g; protein 9g; vitamin c 60mg; calcium 262mg; iron 3mg; potassium 732mg

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## 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.*

- 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.

## STEWED ESCAROLE WITH FETA

Total: 30 min      Active: 12 min

Yield: 6 to 8 servings

Level: Easy

### Ingredients

- Kosher salt
- 2 heads escarole, roughly chopped
- 1/2 cup extra-virgin olive oil
- 3 onions, chopped
- 2 tomatoes, seeded and diced
- 3/4 pound feta cheese, crumbled
- Freshly ground pepper



### Directions

Bring a large pot of salted water to a boil. Add the escarole and cook until bright green, about 1 minute. Drain and transfer to a bowl of ice water; drain and squeeze dry.

Heat the olive oil in a large skillet over medium heat. Add the onions and cook until soft, about 6 minutes. Add the escarole and tomatoes, reduce the heat to low and cook until tender, about 6 minutes. Add the feta and cook until partially melted, about 5 more minutes. Season with salt and pepper.



## **CARROT COINS WITH MAPLE BALSAMIC BROWNEB 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.

## **CARROT RED ONION FRITTERS**

*From Shared Legacy Farms' Carrots 101 E-Book: Recipe adapted from Gourmet, November 1990*

Try these savory carrot pancakes! They are also great with ½ t of cinnamon added, and topped with plain yogurt or sour cream. Total time required: about 20 minutes. Makes 10 fritters, serving 3-4 as a first course or side dish.

### **Ingredients:**

- ¾ c coarsely grated carrots (2-3 medium) ½ c finely chopped sweet red onion
- 1 large egg, beaten lightly
- ⅓ c fine dry bread crumbs

vegetable oil for frying

### **Directions:**

In a bowl stir together the carrot, the scallion, the egg, the bread crumbs, and salt and pepper to taste. In a large skillet heat 2 T of oil, then drop in carrot mixture by heaping tablespoons and flatten slightly to form disks. Fry for one to two minutes, then flip and fry the other side until golden. Transfer the fritters to paper towels and let them drain. Serve the fritters hot or at room temperature.