



PlumFresh Harvest Subscription

Season 8, Week 5
Saturday June 17, 2023

Busy, busy week! June is always major harvest time here with garlic and potatoes needing to come out of the ground. Today we harvested 1,570 bulbs of garlic and we are less than ¼ of the way through the crop.

When we did our weekend field walk, we were delighted to see that our Osage blackberries were really starting to ripen. They are a wee bit early this year, but we won't take offense at that! The Osage will produce for about 3 weeks and then the Triple Crown will take over. Our Triple Crown planting has been shrinking due to age (some of the plants are nearly 10 years old) and disease. However, we think we'll still get a good showing out of the remaining plants.

Another pleasant discovery was how the tomatoes have finally taken off! After what has seemed to be forever, the plants, which are LOADED with fruit, have started to ripen. These should be an ongoing item in your bags for a while. These are the early tomatoes, planted in March. We also have more slicers and fruits (cherry & grape tomatoes) that should be appearing in July. Tomato Season Is Here!

And the 3rd happy thing in our field walk was discovering that one variety of our potatoes had bulked up nicely and was ready for harvest. Ray harvested about 130 pounds (by hand, with a trowel!) on Sunday and now they are in your bag this week. Yesterday, we got another 720 pounds of Soraya and Nicola – I think we can say that the 2023 Potato Harvest is well underway!

Coming attractions: Beets, Fennel, Frissé, Italian Parsley, Summer Squash, Tropea onions, Cucumbers, Shallots, Fresh garlic and more varieties of potatoes.

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

- Blackberries – *Osage*
- New Potatoes -- *Soraya*
- Tomatoes – *Galahad and Defiant*
- Basil – *Prospera Compact*
- Swiss Chard – *Bright Lights*
- Squash Medley from our friends at Felsbeck Farm

Add/Sub Items:

- Collards – *Cash Crop*
- Garlic Scapes – *Chesnok*
- Lettuce – *Nancy and Magenta*
- Kale – *Lacinato or Darkibor*
- Kohlrabi – *Azur Star*
- Napa Cabbage -- *Minuet*
- Salad Turnips – *Hakurei*
- Green Tomatoes – *Galahad and Defiant*

Regular Bags Only:

- Sunflower Shoots
- Fresh Garlic – *Lorz Italian (bold)*

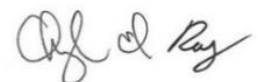
Storage Tips

- 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!
- **Blackberries** store well in their clamshell in the fridge. Don't wash until ready to eat. They are very ripe, so enjoy as soon as possible. Rinsing the berries in a 3:1 solution of water and vinegar helps remove any bacteria and also extends the shelf life of the berries. Here's a link for more info: [Everything You Need to Know About Washing and Storing Berries | Martha Stewart](#) A note about the berries: you might see a tan-colored druplet (one of the "balls" that makes up the berry). The berry is okay – it is just a sunburn that causes the discoloration.
- **Summer squashes** are surprisingly perishable; avoid washing them until just before using – **based on this advice, your squash have not been washed!** They also can dehydrate quickly. Put them in a perforated plastic bag and store in the crisper drawer of your fridge.
- **Swiss Chard** stores well in a plastic bag in the crisper drawer.
- **Potatoes** should be stored in a paper bag in a cool, dark place away from onions. They should not be stored in the fridge.
- **Basil** should be placed in a jar with water – like flowers. Store on your counter – do not refrigerate. Basil does not like to be cold, and the leaves will turn black.
- **Sunflower Shoots** can be refrigerated in their container. Please wash and spin dry before using.
- **Fresh Garlic** has not been cured. If you want it to remain juicy, it is best kept in a plastic bag in the crisper drawer in a plastic bag to retain humidity. If you'd like to save it for later, keep it on a counter or hang it so that it gets good air circulation. It will be cured in about 4-6 weeks.

Things to know + How do I use this stuff?

- Here's an interesting fact about **new potatoes**: Any new potato (which is defined as a potato that has been harvested within 2 weeks) has a lower glycemic value than potatoes that have been stored – regardless of the variety. Great news if you are watching your sugars! Enjoy the freshness of these delicious spuds -- roast them on the grill! Toss with olive oil, sprinkle with sea salt and put on foil (open-face) and grill until browned. They also make a great potato salad!
- On the reverse you will find several recipes for **Swiss Chard** including some new ones from Shared Legacy Farm. I'm not sure why so many people don't like chard but perhaps these preparations can redeem this delicious (and healthy!) veggie in the eyes of its detractors. I love it cooked but am not a fan of raw chard. My favorite (and very simple!) way to eat it is to lightly sauté it in olive oil with garlic – about 5-6 minutes. Add a bit of balsamic vinegar to the pan and cook down for a minute or so. Top with feta cheese and maybe some pine nuts or walnuts if you are feeling luxurious! Dinner in a bowl!

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



Recipes

BLACKBERRY-LAVENDER POPSICLES *from Bounty From the Box: The CSA Farm Cookbook, by Mi Ae Lipe*

Makes 8 (2.5-ounce) pops

- $\frac{3}{4}$ cup superfine sugar or agave nectar
 - 1 heaping pint (2 cups) fresh blackberries
 - 1 tablespoon lavender buds, fresh or dried
 - 3 tablespoons freshly squeezed lemon juice
 - 1 cup cold water
1. In a saucepan, stir the sugar into the blackberries and allow to sit for 5 minutes. Add the lavender and bring to a boil. Reduce to a simmer and allow to bubble gently for 10 minutes. Remove from the heat.
 2. Smoosh up the berries with a potato masher to release all of their juices. Stir the lemon juice and water into the mixture. Taste and add more sweetener, if you think it needs it. Refrigerate until cold, about 30 minutes.
 3. Set a strainer over a large mixing bowl (preferably one with a pour spout). Strain the mixture, pushing down with a rubber spatula to extract all of the juices.
 4. Pour into ice pop molds, adding the sticks at the correct time for your molds. Freeze until solid.

— Heather Schmitt-Gonzalez, the Girlichef blog

SUMMER BLACKBERRY BASIL PIZZA

I am looking forward to trying this one! This sweet & fresh Blackberry Basil Pizza makes a delicious, simple summer dinner!

Source: Jeanine Donofrio, Love and Lemons; [://www.loveandlemons.com/blackberry-basil-pizza/](http://www.loveandlemons.com/blackberry-basil-pizza/)

Prep time: 10 mins

Cook time: 12 mins

Serves 4

Ingredients

- 1 ball of multigrain pizza dough, or homemade
- 1 teaspoon extra-virgin olive oil
- 1 minced garlic clove
- 8 ounces fresh mozzarella bocconcini, sliced, divided
- 1 pint organic blackberries, divided (slice large ones in half)
- Lots and lots of fresh basil
- Pinch of red pepper flakes
- Drizzle of honey
- Pinches of sea salt

Instructions

1. Preheat oven to 450F.
2. In a small bowl, combine the olive oil and minced garlic.
3. Stretch the pizza dough onto a pizza stone or baking sheet and brush the dough with the garlic oil. Top with $\frac{3}{4}$ of the fresh mozzarella and blackberries. Bake until the crust is golden brown, about 12 minutes.
4. Remove the pizza from the oven and top with remaining mozzarella, blackberries, and lots of basil. Sprinkle with red pepper flakes and sea salt. Drizzle with olive oil and honey. Slice and serve.

SOUR CREAM POTATO SALAD

Source: Matthew George Looper, The Schoenleber Family Cookbook, as appears in Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Source Note: This is a real favorite. It is even better when refrigerated a day ahead to give the flavors a chance to blend.

- 7 medium red or white potatoes, cooked in their jackets, peeled and sliced (6 cups)
- $\frac{1}{3}$ cup Italian salad dressing
- $\frac{3}{4}$ cup sliced celery
- $\frac{1}{3}$ cup chopped scallions (green onions), white sections and green tops (plus extra for garnish, if desired)
- 4 hard-cooked eggs
- 1 cup Miracle Whip
- $\frac{1}{2}$ cup sour cream
- $1\frac{1}{2}$ teaspoons prepared horseradish mustard (or use 1 teaspoon prepared mustard and $\frac{1}{2}$ teaspoon horseradish)
- Salt
- Celery seed
- $\frac{1}{3}$ cup diced cucumber

1. While the potato slices are still warm, pour the Italian dressing over them; toss gently to coat, then chill for 2 hours.
2. Add the celery and scallion.
3. Chop the egg whites and sieve or mash the egg yolks, reserving some yolk for garnish if desired. Combine the remaining sieved yolk with the Miracle Whip, sour cream, and horseradish mustard. Fold into the salad. Add salt and celery seed to taste.
4. Chill the salad for at least 2 hours.
5. Gently fold in the diced cucumber just before serving. Garnish with the reserved sieved yolk and sliced onion tops.

CURRIED STIR FRIED POTATOES

From Shared Legacy Farms' Potato 101 E-Book: Adapted from Mark Bittman

Ingredients:

- 3 T. canola oil
- 1 T. cumin seeds (optional)
- 1 small red onion, finely chopped
- 1 $\frac{1}{2}$ pounds all-purpose potatoes, peeled and shredded or minced
- 1 T. garam masala or curry powder
- Salt and black pepper, ground
- Pinch cayenne
- $\frac{1}{4}$ cup chopped fresh cilantro leaves (optional)

Directions:

Put the oil in a large non-stick or cast-iron skillet over medium-high. When hot, add the cumin seeds if using. Fry them for 30 seconds, then add half the onion and all the potatoes. Add the spice blend, salt, pepper, and cayenne. Cook, stirring or tossing, until the onion has caramelized and the potatoes are lightly browned, about 10 minutes; the potatoes need not be fully tender.

Add the cilantro to the pan, toss once, and transfer to a serving platter. Serve immediately.

BAKED CHARD

From Glen & Gwendolyn Nergart – In Season Garden, Danbury, NC

Pre-heat oven 350 degrees

- 1 pound chard
- 1/3 cup melted butter
- ½ cup lightly salted water
- 1 tsp. anchovy paste
- 1 egg
- dash cayenne pepper
- 1 cup milk
- 8 oz. goat cheese
- ¾ cup toasted breadcrumbs, divided

Wash and roughly chop chard. Bring water to a boil and simmer chard until wilted. Drain and gently press out excess water. In food processor or blender combine remaining ingredients and mix thoroughly about 20 sec. Combine with chard and place in one quart casserole. Sprinkle with remaining ¼ cup bread crumbs and bake uncovered in 350 degrees oven for 35-40 minutes.

Cheryl note: I used less butter and anchovy fillets instead of paste. Also used feta cheese crumbles instead of goat cheese. Topped with a few pine nuts with the bread crumbs.

CHARD WITH RAISINS AND ALMONDS

Source: — Ruth Charles, Featherstone Farm CSA member, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 4 to 6

Source Note: This recipe uses the colorful “rainbow chard” with its red, yellow, and orange stems. This is a wonderful dish for kids, who love its sweetness and bright colors.

- ¼ cup slivered almonds
- 2 pounds rainbow chard (or use red-stemmed chard)
- ½ cup water
- ½ cup apple juice
- ½ cup raisins
- 2 tablespoons butter

Method:

1. In a pan or using your oven broiler, toast the almonds.
2. Wash the chard, but do not dry it. Cut the leaves away from the stems, stack several of them in a neat pile, and roll the leaves up like a cigar. Slice crosswise to shred the leaves. Then cut the stems into ½-inch pieces.
3. In a large pan, cook the chard stems in the water for about 4 minutes; add the leaves and cook until they turn tender, 5 to 8 minutes. Stir in the apple juice and raisins, heating them thoroughly.
4. Top the chard with the butter and almonds and toss lightly. Serve at once.

GRANNIE'S FRENCH SWISS CHARD

From Golden Earthworm Farm: *A special recipe from Cait Johnson: The French love their chard ("blettes" in their language), and my Grannie (who was French and Swiss, among other things) used to make this recipe for me when I was little because she knew how good it was for me (chard is a fabulous source of many antioxidant vitamins and minerals)--and because this was one way I would actually eat it and enjoy it! The secret is adding raisins and pine nuts to the chard. I recently bought a drop-dead gorgeous book of French Provincial recipes, and in it was a recipe that looked just like the chard my Grannie used to make for me. It was even called "Blettes Grand-mere!" Try making it for your little ones: the sweetness of the raisins and the nutty, buttery crunch of the pine nuts make chard completely irresistible--and it cooks in about 3 minutes.*

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| 1 bunch Swiss chard | 1/3 cup raisins or golden raisins |
| 3 tablespoons butter | 2 tablespoons pine nuts |
| 1 tablespoon olive oil | salt and freshly-ground black pepper, to taste |
| 1 tablespoons chopped fresh rosemary | |

Remove the chard stems and the thick central vein from each leaf. Chop the leaves very coarsely. Using a large, heavy-bottomed frying pan over medium high heat, melt the butter with the oil until sizzling. Add the chard and the rosemary, stirring well to coat the chard with the butter mixture. Cook, stirring constantly, for another minute until the chard has wilted to about half its original volume. Add raisins and pine nuts, stirring to combine evenly, and continue cooking until any moisture has evaporated. The entire cooking process should take no more than about 3 minutes. Season with salt and pepper and serve immediately.

Source: <http://goldenearthworm.com/recipes/2009/2/13/grannies-french-swiss-chard.html>

CHARD AND ONION OMELET (TROUCHIA)

Yield: Serves 4 to 6

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| • 3 tablespoons olive oil | • 6 to 8 eggs, lightly beaten |
| • 1 large red or white onion, quartered and thinly sliced crosswise | • 2 tablespoons chopped parsley |
| • 1 bunch chard, leaves only, chopped | • 2 tablespoons chopped basil |
| • Salt and freshly milled pepper | • 2 teaspoons chopped thyme |
| • 1 garlic clove | • 1 cup grated Gruyère |
| | • 2 tablespoons freshly grated Parmesan |

Heat 2 tablespoons of the oil in a 10-inch skillet, add the onion, and cook over low heat, stirring occasionally, until completely soft but not colored, about 15 minutes. Add the chard and continue cooking, stirring occasionally, until all the moisture has cooked off and the chard is tender, about 15 minutes. Season well with salt and pepper.

Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the herbs. Combine the chard mixture with the eggs and stir in the Gruyère and half the Parmesan.

Preheat the broiler. Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at medium-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes. Add the remaining Parmesan and put under the broiler 4 to 6 inches from the heat, until browned. Serve trouchia in the pan or slide it onto a serving dish and cut it into wedges. The gratinéed top and the golden bottom are equally presentable.

Source: [Vegetarian Cooking for Everyone](#) by Deborah Madison.

SWISS CHARD SLAW WITH CREAMY AVOCADO DRESSING

From Shared Legacy Farms' Chard 101 E-Book: Adapted from thekitchn.com

Serve this over tacos or as a simple salad.

Ingredients:

- 1/4 cup very thinly sliced red onion (from about 1/4 medium onion)
- 1 tablespoon Mexican hot sauce
- 1 medium bunch Swiss chard
- 1 large or 2 small carrots
- 1 medium avocado
- 1/2 cup packed fresh cilantro
- 1/4 cup vegetable oil
- 2 tablespoons lime juice
- 1 tablespoon water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- Black pepper
- 1/4 cup roasted pumpkin seeds, plus more for serving

Directions:

1. Place the onion and hot sauce in a large bowl and toss to combine; set aside while you make the salad and dressing.
2. Cut and remove the stems of the chard. Stack the leaves and thinly slice crosswise into ribbons. Transfer to the bowl with the onions (do not mix). Peel and grate the carrot on the large holes of a box grater and add to the bowl of chard and onions; set aside.
3. Scoop the flesh of the avocado into a blender. Add the lime juice, cilantro, oil, water, cumin, and 1/4 teaspoon of the salt. Season with pepper, and blend until smooth. Taste and add more seasonings or lime juice as needed.
4. Transfer the dressing into the bowl of Swiss chard and add the pumpkin seeds and remaining 1/4 teaspoon salt.
5. Transfer the slaw to a serving bowl and top with more pumpkin seeds before serving.

This recipe yields about 3/4 cup of dressing and is also great as a dip. It can be made up to 2 days in advance and stored in an airtight container in the refrigerator. Press a piece of plastic wrap on the surface of the dressing to keep it from browning.

GARLICKY SWISS CHARD

From Shared Legacy Farms' Chard 101 E-Book: Source NYTimes Cooking

Ingredients:

- 2 bunches Swiss chard, stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Large pinch crushed red pepper flakes
- Salt

Directions:

1. Stack chard leaves on top of one another (you can make several piles) and slice them into 1/4-inch strips.
2. Heat oil in a very large skillet (or use a soup pot). Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard, coating it in oil. Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer.
3. Season with salt.

6 Ways to Use Chard Stems

Don't throw those stems in the compost! Here are 6 ways you can cook with them!

Refrigerator pickles: These pickled chard stems are spicy, sweet, acidic, and especially pretty when made with rainbow chard.

Soup: Throw them in with the onions and carrots in place of celery. The crisp stem will create great flavor.

Dip: Swiss chard stalks and tahini can be combined in a Middle Eastern dip similar to baba ghanoush.

Vegetable stock: Toss the stems in the freezer along with other vegetable scraps. When you've collected enough, make an easy vegetable stock.

Roasted: Yup! This popular vegetable exit strategy works for the stems too. Just toss with olive oil and salt and put them on a roasting pan.

Stir Fry: Crispy texture makes them perfect for a quick stir-fry.



Chard ribs and stems are crisp and thick, almost like celery. They should be cut out and cooked separately in many cases. I like to use them like celery.

SUMMER SQUASH PANCAKES

Source: Appalachian Sustainable Agriculture Program

There are plenty of ways to cook summer squash, whether you sauté, grill, or roast it. Try these easy crispy summer squash pancakes to serve as the perfect side, main dish or snack for those upcoming warm summer evenings. These lightly spiced treats are similar to a classic potato latke, but use grated squash instead.

Start with two medium-sized zucchini or yellow squash (you can use either or both). Grate with the medium or large holes of a box grater. Once completely grated, squeeze the shavings dry and set aside. Then, thinly slice two scallions and one jalapeño, and combine with the grated squash. Add one large egg, half a cup of all-purpose flour, two teaspoons of baking powder, and season with salt and pepper to taste.

After combining your ingredients, heat two tablespoons of oil over medium heat in a large skillet. Add about a third of the batter on the pan, and cook until golden (approximately three minutes per side), while lightly pressing the pancakes with your spatula to flatten them. You can change the amount of batter used for each pancake depending on how large or small you want them to be. After fully cooking, remove the pancakes from the skillet and use a paper towel to absorb any excess oil, then they're ready to be enjoyed by the whole family! These crispy cakes taste delicious alone but can be even better when served with a goat cheese or sour cream, and a spritz of lemon juice.