



PlumFresh Harvest Subscription

Season 8, Week 5
Wednesday June 21, 2023

Happy Summer!?! What a week! Three inches of rain – and more to come – along with very strong winds! Sheesh! Makes it kinda hard to get much done around here! But we did get at least some things done (besides harvesting for your bags today). More potatoes are out of the ground along with more garlic. Yep, they are all a bit drippy but we've got them drying in good storage.

We were able to get blackberries picked before the rain moved in Monday morning. Elise and Cheryl were picking while the rumbles of thunder echoed in the distance. Then the wind shifted, the sky got really dark and boom! It was raining like crazy! We were able to get out of the field with your berries just in time! We hope you enjoy them because that's all the picking we can do this week!

Another delicious treat in your bag this week is goat cheese from our dear friends at Buffalo Creek Farm and Creamery in Germantown. They are a special partner in *PlumFresh* since they are a Wednesday pick-up location for us. We have known Robin and Johnny Blakley since we began selling with them at Krankies Farmers Market (now known as Cobblestone) in 2010. They were just beginning to get their goat dairy going and were only selling goat's milk soap at market. They obtained their Grade B Goat Dairy license in 2012 and began selling goat's milk cheeses – and now they have Goat-lato (a goat's milk gelato)! Several of their cheeses have won awards at the NC State Fair and in other competitions. The **Farmstead Natural Chevre** in your bag is one of those Blue Ribbon winners! It is a spreadable fresh white goat cheese with a soft, creamy texture and light grassy notes. It is great on a baguette or with fruit or veggies. We love their cheese and hope you do too!

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

- Blackberries – *Osage*
- Lettuce – *Frizyo (green) and Alkindus (red)*
- Italian Parsley
- Tomatoes – *Galahad and Defiant*
- Farmstead Chevre from Buffalo Creek Farm and Creamery

Regular Bags Only:

- Bunching Onions -- *Nabechan*
- Fennel – *Preludio*
- Cucumbers – *Marketmore (from Felsbeck Farm)*

Small Bags Only:

- Sunflower Shoots

Add/Sub Items:

- Basil -- *Genovese*
- Fresh Garlic – *Music*
- Garlic Scapes – *Chesnok*
- Kale – *Lacinato or Darkibor*
- Kohlrabi – *Azur Star*
- New Potatoes -- *Soraya*
- Salad Turnips -- *Hakurei*
- 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!
- **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.
- Keep **Lettuce** in plastic bags in the fridge. It has not been washed.
- **Parsley** should be stored in a jar with water – like flowers. Store on your counter or refrigerate.
- For the **fennel**, cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two inches of water. Cover the glass loosely with a plastic bag and store in the refrigerator for few days. The foliage can also be dried and used as an herb. The unwashed bulb may be kept in a plastic bag in the refrigerator drawer for 2 weeks.
- **Cucumbers and Bunching Onions** store best in a plastic bag in the fridge.
- **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.
- Store **Potatoes** in a paper bag in a cool dark place. Do not refrigerate!

Things to know + How do I use this stuff?

- Fennel may be a new ingredient for you. Use the fennel stalks and bulb separately. If the outer layers of the bulb are damaged, trim off the bad spots or remove the layers. Cut the bulb in half lengthwise and check the inner core. If it's tough, remove it with a paring knife. Fennel should be washed carefully to get out all the dirt. Chop or mince the leaves for garnish or seasoning. Prevent raw slices from discoloring by rubbing the cut edges with lemon.
- Check out the recipes below for Fennel – there are some GREAT ones!

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



Recipes

FENNEL, BEAN AND PASTA SALAD

(adapted from *Asparagus to Zucchini via Three Rivers Community Farm*)

NOTE: I made this for our farm team potluck and used lots of grated lemon peel and fresh lemon juice. It was a big hit!

- 1 fennel bulb, leafy tops removed and reserved
- 1 small onion
- olive oil
- 1 can (28 oz) kidney beans, drained
- 2-3 cups cooked pasta (I used Gemelli)
- 1 tsp lemon pepper OR 2 lemons (grated peels) and squeezed and coarsely ground pepper
- Optional: Grape tomatoes, halved

Thinly slice fennel bulbs and onion; sauté in olive oil. Chop reserved fennel tops and add to cooked mixture with remaining ingredients. Add olive oil and lemon juice to lightly coat. Adjust seasonings to taste (ours needed a bit of salt). Serve chilled. Makes 4-6 servings.

ROASTED FENNEL WITH PINE NUTS AND PARMESAN

Source: Nadja Rauber-Moe, *PlumFresh* member

Bring out the delicious flavors of the fennel by roasting it – MMMMMMMMMM

- Preheat the oven to 375 degrees F.
- Toss evenly cut pieces of fennel with olive oil, garlic and onion powder. Set aside.
- Roast the pine nuts prior to cooking the fennel for 3-5 minutes. Set aside.
- Bake until fennel is fork-tender, about 10-15 minutes if not too thick. Sprinkle with parmesan and then broil for about 1-2 minutes to make it crispy.
- Top with Himalayan salt, pine nuts and chopped pieces of the fennel leaves and enjoy!

FENNEL AND ORANGE SALAD

(from *Eat Greens Cookbook via Three Rivers Community Farm in Elsah, Illinois*)

- 1 large or 2 small fennel bulbs, trimmed and julienned
- 1/2 red onion, thinly sliced
- 1 tsp balsamic vinegar
- 2 T soy sauce
- 1 T orange juice
- 1 T minced fresh ginger
- 1/3 cup olive oil
- salt and pepper
- 1 medium orange, peeled
- 1 T fresh lemon juice

Put the fennel and onion in a large bowl. Whisk together the vinegar, soy sauce, orange juice, ginger, and olive oil in a small bowl. Pour over the fennel and onion and toss well. Season with salt and pepper. Chill the salad for 1 hour. Slice the peeled orange into thin round “wheels” and slice each wheel into half. Add the orange slices and lemon juice and toss. Taste and adjust the seasonings, if necessary, and serve.

CELERY, FENNEL, AND APPLE SALAD

Servings: 8

Total Time: 25 minutes

Source: Publix Aprons <https://ww4.publix.com/recipes-planning/aprons-recipes/celery-fennel-and-apple-salad>

- 1 cup walnut pieces
 - 2 large Honeycrisp apples, thinly sliced
 - 1 medium fennel bulb, thinly sliced
 - 3 medium celery stalks, thinly sliced
 - 1/2 cup lemon vinaigrette
 - 1/4 cup fresh basil, coarsely chopped
 - 2 oz pecorino Romano cheese, shaved (about 1/2 cup)
1. Place walnuts in a medium, nonstick sauté pan on medium heat. Cook and stir 4–6 minutes or until nuts are toasted. Remove nuts from pan and place in a large bowl.
 2. Halve apples and fennel; remove cores. Thinly slice apples (4 cups), fennel (2 cups), and celery (1 cup) diagonally; place in bowl with nuts and toss with vinaigrette until evenly coated.
 3. Chop basil. Shave cheese, using a peeler. Add basil and cheese to bowl and toss to combine; serve.

FREEZING BLACKBERRIES

Wash and sort out any mushy ones. Let dry in colander for 10 minutes. Place them in an even layer on a large cookie sheet (with a lip) or any container you may have and put in freezer overnight until frozen. Then pack them into a freezer bag, removing the air, and seal.

BLACKBERRY FRO-YO

Source: AgriBerry Farm and CSA [Blackberry Fro-Yo - AgriBerry Farm - CSA - Virginia - Maryland](#)

Super easy, super creamy and utterly delicious!

- 3 cups fresh blackberries
- 3 cups Greek or well strained yogurt
- 1 can sweetened condensed milk

Instructions

1. In a blender, puree the blackberries and the sweetened condensed milk.
2. In a medium bowl, mix the puree with the yogurt.
3. Pour the mixture in to your ice cream maker (2 quart capacity or split the batches) and follow the manufacturer's directions.
4. Top with a scattering of fresh, whole berries and a sprig of fresh mint.

JULIA CHILD'S BERRY CLAFOUTIS

- Butter for pan
- 1 ¼ cups whole or 2 percent milk
- 2/3 cup granulated sugar, divided
- 3 eggs
- 1 tablespoon vanilla extract
- 1/8 teaspoon salt
- 1 cup flour
- 1 pint (2 generous cups) blackberries or blueberries, rinsed and well drained
- Powdered sugar in a shaker

Directions:

1. Heat oven to 350 degrees.
2. Lightly butter a medium-size flameproof baking dish at least 1 1/2 inches deep.
3. Place the milk, 1/3 cup granulated sugar, eggs, vanilla, salt and flour in a blender. Blend at top speed until smooth and frothy, about 1 minute.
4. Pour a 1/4-inch layer of batter in the baking dish. Turn on a stove burner to low and set dish on top for a minute or two, until a film of batter has set in the bottom of the dish. Remove from heat.
5. Spread berries over the batter and sprinkle on the remaining 1/3 cup granulated sugar.
6. Pour on the rest of the batter and smooth with the back of a spoon.
7. Place in the center of the oven and bake about 50 minutes, until top is puffed and browned and a tester plunged into its center comes out clean.
8. Sprinkle with powdered sugar just before serving. (Clafoutis need not be served hot, but should still be warm. It will sink slightly as it cools.)

FRESH BLACKBERRY SALSA

Source: Chef Colleen from AgriBerry Farm and CSA

<p>Prep Time 15 minutes</p> <p>Total Time 15 minutes</p> <p>Servings 5 people</p>
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This recipe is great in the summer when it's easy to get most of the ingredients locally and at their flavor peak. This salsa is great with corn chips, atop your next batch of tacos, or a lovely side or finishing touch for grilled meat and seafood.

It can be made and enjoyed right away, or stored in the fridge for up to five days, and the ratio of ingredients can be adjusted to whatever you have on hand. You can adjust the level of spiciness by increasing the amount of jalapeno to taste, or omitting it altogether.

Ingredients

- 2 cups Fully ripened tomatoes, diced 2-3 medium-sized ones
- 1 pint blackberries, halved or quartered Depending on size
- 2-3 tablespoons Red onion, minced -- Green, white or yellow onions are also fine
- 1-3 tablespoons Fresh cilantro, chopped
- 1-3 tablespoons Fresh basil. chopped
- ½ Jalapeno pepper, seeded and minced -- Optional

Combine all ingredients in a bowl and mix. Taste and adjust seasonings as desired. Add salt and pepper to taste. Serve immediately, or cover and chill. Enjoy!

TABBOULEH

Source: — Lisa Gordanier, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Source Note: This tabbouleh recipe is heavy on the parsley and light on the bulgur—closer to the way it is typically presented in Lebanon, its homeland. Go ahead and play with the proportions, though. If you have lots of cucumbers in your garden or CSA box, use twice the amount. If you're a nut for fresh mint, boost it right up. You really can't go wrong with tabbouleh's refreshing, tangy flavors as an accompaniment to just about any grilled meat or vegetable but do note that it is best served the same day it is made.

Bulgur Wheat

- ½ cup bulgur (cracked wheat)
- ½ cup water or chicken stock
- 3 to 4 tablespoons fresh lemon juice, divided
- ⅛ teaspoon kosher salt

Salad

- 1 large bunch flat-leaf parsley
- 2 large Roma tomatoes, cut into ¼-inch dice
- ½ English cucumber, cut into ¼-inch dice
- 2 green onions, very thinly sliced
- 2 to 4 tablespoons chopped fresh mint
- 2 tablespoons extra-virgin olive oil
- Kosher salt

1. Heat the water and 2 tablespoons of the lemon juice in a small saucepan over medium-high heat. Add the bulgur and salt; bring to a simmer, cover, and cook for 3 minutes. Take the pan off the heat and let it stand, still covered, for about 10 minutes. Transfer the bulgur to a bowl, stir in a drizzle of olive oil, and put it in the refrigerator for about 15 minutes to cool.
2. Meanwhile, wash and dry the parsley, then pull off all the leaves. You should have at least 3 cups, loosely packed. Chop the leaves until they are quite small (I find this easiest to do in two batches).
3. In a large bowl, combine the bulgur, parsley, tomatoes, cucumber, green onions, mint, 1 tablespoon of the lemon juice, and the olive oil. Season to taste with salt, pepper, and more lemon juice or oil if desired.