



## *PlumFresh* Harvest Subscription

Season 8, Week 6  
Saturday June 24, 2023

Happy Summer!?! What a week! Nearly four inches of rain 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.

Even if it hasn't felt like summer this week, there are lots of summery tastes in this week's bag! More tomatoes, fennel, Italian Parsley, fresh onions and more!

There's a delicious treat in your bag this week -- 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-La-To (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:

- Fennel – *Preludio*
- Fresh Onions – *Cabernet*
- Italian Parsley
- Tomatoes – *Galahad and Defiant*
- Snap Beans – *Jade (from Felsbeck Farm)*
- Farmstead Chevre from Buffalo Creek Farm and Creamery

### Regular Bags Only:

- Cucumbers – *Marketmore (from Felsbeck Farm)*
- Summer Squash -- *Tempest*

### Add/Sub Items:

- Basil -- *Genovese*
- Broccoli from Felsbeck Farm
- Fresh Garlic – *Music*
- Garlic Scapes – *Chesnok*
- Kale – *Lacinato or Darkibor*
- Kohlrabi – *Azur Star*
- New Potatoes -- *Soraya*
- Salad Turnips -- *Hakurei*
- Swiss Chard – *Bright Lights*
- Green Tomatoes

### 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!
- **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.
- Store unwashed **Green Beans** in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes
- **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 it in a perforated plastic bag and store in the crisper drawer of your fridge.
- **Cucumbers and Fresh 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.

## ITALIAN GREEN BEAN AND POTATO SALAD

Serves 4

Source: Michael Hastings, Winston-Salem Journal (7/22/2020) [https://journalnow.com/lifestyles/food/food-hold-the-mayo-theres-more-than-one-way-to-make-potato-salad/article\\_b0f67d3a-a928-5736-9f1c-b80252f5c56d.html#1](https://journalnow.com/lifestyles/food/food-hold-the-mayo-theres-more-than-one-way-to-make-potato-salad/article_b0f67d3a-a928-5736-9f1c-b80252f5c56d.html#1)

Makes 4 to 6 servings

- 2 pounds red potatoes, whole, unpeeled
  - Salt
  - 1 pound green beans, trimmed and cut into 2-inch lengths
  - 3 tablespoons red-wine vinegar
  - 1 cup thinly sliced onion (about 1 large)
  - 2 cloves minced garlic
  - 2 tablespoons chopped parsley or dill, or a combination
  - Salt and freshly ground black pepper to taste
  - ¼ cup olive oil
1. Cover the whole potatoes with plenty of water – about 2 inches' worth. Add 1 tablespoon salt, and bring to a boil. Cook potatoes 8 to 10 minutes. Add the beans and cook 5 to 7 minutes until beans are crisp-tender and potatoes are just barely tender. (Timing this can be tricky; an alternative is to cook the beans and potatoes in separate pots.) Drain the beans and potatoes.
  2. Meanwhile, in a mixing bowl, stir vinegar, garlic, onion and herbs. Add about ½ teaspoon salt and ¼ teaspoon pepper, then stir in olive oil. As soon as the potatoes are cool enough to handle, cut them into 1- to 1½-inch pieces. While the potatoes and beans are still warm, toss them in the vinaigrette. Taste and add more salt, pepper or vinegar as needed. For best results, let sit at room temperature about an hour before serving, or refrigerate overnight. If refrigerated, bring to room temperature before serving. **Note:** Other possible additions to this salad could include marinated artichokes, salami, cherry tomatoes, fresh mozzarella balls.

## **GREEN BEAN GOAT CHEESE GRATIN**

***Source: Shared Legacy Farms Beans 101 e-Book***

### **Ingredients:**

- 2 white bread slices
- 1 tablespoon olive oil
- 3/4 cup (3 oz.) freshly shredded Parmesan cheese, divided
- 1/3 cup finely chopped pecans
- 1 pound green beans, trimmed
- 2 ounces goat cheese, crumbled
- 1/2 cup whipping cream
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper

### **Directions:**

Preheat oven to 400°. Tear bread into large pieces; pulse in a food processor 2 or 3 times or until coarse crumbs form. Drizzle oil over crumbs; add 1/4 cup Parmesan cheese. Pulse 5 or 6 times or until coated with oil. Stir in pecans.

Cut green beans crosswise into thirds. Cook in boiling water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry with paper towels.

Toss together beans, next 4 ingredients, and remaining 1/2 cup Parmesan cheese. Firmly pack mixture into 4 (6-oz.) shallow ramekins. Cover each with aluminum foil, and place on a baking sheet.

Bake at 400° for 20 minutes. Uncover and sprinkle with crumb mixture. Bake 8 more minutes or until golden. Let stand 5 minutes.

## GREEN BEANS WITH BALSAMIC PESTO

*From Shared Legacy Farm Bean 101 e-Book: Recipe from GeniusKitchen.com*

### Ingredients:

- 1 1/2 cups firmly packed fresh basil leaves
- 3/4 cup freshly grated parmigiano-reggiano cheese
- 1 large garlic clove, crushed
- 1/2 teaspoon salt
- 1/8 teaspoon fresh ground black pepper
- 4 tablespoons extra virgin olive oil
- 1 1/2 lbs green beans, trimmed and cut into 1 inch long pices. (or a combination of green beans and diced potatoes)
- 4 tablespoons balsamic vinegar
- 1/2 teaspoon dark brown sugar

### Directions:

**Make the Pesto:** Combine the basil and Parmigiano-Reggiano cheese in a blender or food processor and blend until the basil is finely chopped, but not pureed. Add the olive oil, and garlic and blend until almost smooth. Season with salt and pepper and set aside.

**Cook the Beans:** Pour about 2 inches of water into a 6 quart pot. Place a collapsible steamer in the pot, cover, and bring to a full boil. Place beans in the steamer, cover the pot, and steam 6 minutes, or until tender crisp.

**Make the Dressing:** Mix 4 tablespoons balsamic vinegar with 1/2 teaspoon dark brown sugar.

**Add it all together:** Remove the beans to a shallow serving bowl. Add the pesto to the beans, stirring in the vinegar/sugar mixture. Toss to thoroughly coat the beans. Taste for seasoning and serve hot or at room temperature.

## IDEAS FOR USING PARSLEY – IT’S NOT JUST FOR GARNISH!

Source: *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

- Blend it with other green herbs and vegetables into a salsa verde.
- Deep-fried or air fryer parsley is delicious and makes a great surprise appetizer.
- Combine with bay, thyme, chervil, and other herbs to form a bouquet garni for making soups, stews, and stocks.
- Sprinkle finely chopped parsley on top of salads, egg dishes, potatoes, casseroles, and any vegetable dish for additional color, flavor, and nutrition.
- In salads, make parsley a featured ingredient, not just an afterthought garnish.
- Make gremolata, an Italian condiment made with parsley, garlic, and lemon zest.
- Adding finely chopped fresh parsley, basil, and oregano to bottled or canned tomato or pasta sauce can help eliminate that “store-bought” taste.

## 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.