



## *PlumFresh* Harvest Subscription

Season 8, Week 6  
Wednesday June 28, 2023

Ok. We wanted Summer, and now we've got it! Here at the farmhouse, we've hit 90 on both Monday and Tuesday. Our endless Spring seems to have come to an abrupt halt. Since it's been relatively cool, I know that it's going to take a while for me to get used to it!

Our tomatoes got the memo that it is Summer! Today we harvested **302 pounds** in our high tunnel (unheated) where we are growing the Galahad and Defiant 'maters you've been enjoying for the past few weeks. That's a lot of tomatoes! We got our old milkhouse set up for tomato storage (it's one of the most versatile buildings on the farm!) There's a portable air conditioner in this well-insulated building and lots of shelves. It's the perfect "cool room" for tomatoes. And it sure is full now!

**HERE'S A QUICK SCHEDULE UPDATE:** Our numbers are pretty low for next week since many of you are taking time off for the week of July 4<sup>th</sup>. So, we have decided that **we will NOT have a bag on July 5<sup>th</sup>**. Instead, we are planning our traditional **4<sup>th</sup> of July Blackberry Pick Your Own** here at the farm! We would love for you to come up to the farm and hang out in the berry patch and pick some delicious Organic and no-spray berries! We hope to have both our Osage and Triple Crown berries available that day. Additionally, we will have a full farm stand with fresh produce available for sale. Hours are from 7:30-11 a.m. – but we will confirm the time as we get closer. We sure hope you can join us!

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

- Blackberries -- *Osage*
- Beets – *Boro and Touchstone Gold*
- Fresh Onions – *Red Long of Tropea*
- Cabbage -- *Caraflex*
- Tomatoes – *Galahad and Defiant*

### Regular Bags Only:

- New Potatoes -- *Nicola*

### Small Bags Only:

- Summer Squash -- *Tempest*

### Add/Sub Items:

- Basil -- *Genovese*
- Broccoli from Felsbeck Farm
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Fennel -- *Preludio*
- Fresh Garlic – *Music & Lorz Italian*
- Kale – *Lacinato or Darkibor*
- Kohlrabi – *Azur Star*
- New Potatoes – *Nicola*
- Snap Beans – *Jade (from Felsbeck Farm)*
- 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.
- **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.
- **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!
- For **Beets**, cut the greens off for storage -- leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time. So try to use them within a week. The yellow beets are especially sweet.
- **The Red Tropea Onions** are fresh onions (not cured) and are best kept in a plastic bag in the crisper drawer. They should be eaten in a week or two.
- Store **Potatoes** in a paper bag in a cool dark place. Do not refrigerate!
- **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.

### Things to know + How do I use this stuff?

- The **Caraflex cabbage** is our favorite variety. It is excellent grilled (see below) or in slaws or cooked – see the recipe below for a cooking suggestion.
- **Summer squash** is always a treat! I love a simple stir fry with lots of onions, garlic and herbs – then top with feta cheese. Dinner is served! Here are some other ideas:
  - Try raw summer squash cut into sticks with your favorite dip or in salads.
  - Cut into chunks add to summer soups and pasta sauce.
  - Grill thick slices for 3-4 minutes over hot coals, then 5-8 minutes on the side of the grill. Baste with marinade.
  - Sauté onions in butter or oil, add summer squash and sugar snap peas (if you have any left) and maybe some fresh oregano from last week. Then top with parmesan cheese and serve over pasta.
  - To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Some water will exude during the resting period. Much more will come out when squeezed or patted with paper towels. If you wish, rinse to remove the salt.

We hope you enjoy this week's adventure in fresh, Organic and local food! We'll see you on July 12 (if not at the PYO!),



# Recipes

## GRILLED CABBAGE

Preheat the grill. Slice the cabbage lengthwise. Brush with olive oil on both sides. Sprinkle with salt. Place cut side down directly on the grill. Cook for about 5 minutes – checking to see if it is charring. A small amount of char adds to the flavor. Once cooked, flip and cook on the other side for about a minute or 2. Remove and serve.

## ROASTED CABBAGE STEAKS

*From Shared Legacy Farms' Cabbage 101 E-Book*

*This is an oven version of the grilled cabbage recipe shown above. If you are on the fence about cabbage, you need to try this because this might be the recipe that converts you to a cabbage lover.*

### Ingredients:

- 1 head of green cabbage, cut into 1" thick slices
- 1 tablespoons olive oil
- 2 to 3 large garlic cloves, smashed
- kosher salt
- freshly ground black pepper
- spray olive oil OR non-stick cooking spray

### Directions:

Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices.

Rub both sides of cabbage with smashed garlic.

Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices. Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.

Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot!

## SAUTÉED CABBAGE

Source: [Sauteed Cabbage | Easy, Healthy Recipe \(wellplated.com\)](https://www.wellplated.com/recipe/sauteed-cabbage/)

Sautéed cabbage is an easy, DELICIOUS vegetable side that's healthy and goes with so many dishes! Vinegar is the secret ingredient to making it taste great.

**PREP:** 5 mins  
**COOK:** 10 mins  
**TOTAL:** 15 mins  
**SERVINGS:** 6 Servings

- 1 small head green cabbage *about 2 1/2 pounds*
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ tablespoon apple cider vinegar *plus additional to taste*
- 1 tablespoon chopped fresh thyme *optional*
- Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large sauté pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm.
- **TO STORE:** Store Sautéed Cabbage in an airtight container and place in the refrigerator for up to one week.
- **TO REHEAT:** Place Sautéed Cabbage in a microwave-safe bowl or on a plate and reheat gently until warm. You can perk your leftovers up by adding another sprinkle of salt and a splash of apple cider vinegar after reheating.
- **TO FREEZE:** Sautéed Cabbage can be frozen if placed in a freezer-safe container. The texture of the cabbage may change slightly while frozen but will still taste delicious when thawed.

## How to Roast Beets



1. Preheat the oven to 400 F. Slice off the beet leaves close to the tip of the beet. Scrub the beets thoroughly, then wrap them loosely in foil.



2. Transfer the wrapped beets to a baking sheet. Roast for 50-60 minutes. Beets are done when a fork or skewer slides easily to the middle of the beet.



3. Cool beets. Then peel by holding one of the beets in a paper towel and using the edges of the paper to rub the skin away. The skin should peel away easily.



4. Store the Beets: Beets can be stored whole or sliced for up to a week in the refrigerator.



## **FARRO SALAD WITH BEETS, BEET GREENS, AND FETA**

*From Shared Legacy Farms' Beets 101 E-Book*

*Adapted from The New York Times*

### **Ingredients:**

- 2 medium or 3 small beets (any color) with greens, the beets roasted, the greens stemmed and washed
- 1 cup farro, soaked for one hour in water and drained (or use rice or couscous)

***NOTE: Trader Joes has a quick cooking farro that is ready in 20 minutes.***

- Salt, preferably kosher salt, to taste
- 2 tablespoons sherry vinegar
- 1 teaspoon balsamic vinegar
- 1 small garlic clove, minced or pureed
- 1 teaspoon Dijon mustard
- 1/2 cup extra virgin olive oil
- 1/2 cup chopped walnut pieces
- 2 ounces feta or goat cheese, crumbled (more if desired for garnish) – NOTE: Perfect use for your Buffalo Creek Farm Chevre from last week!
- 1/4 cup chopped fresh herbs, such as parsley, tarragon, marjoram, chives, mint

### **Preparation:**

1. Bring 2 quarts water to a boil in a medium saucepan. Fill a bowl with ice water. When the water comes to a boil, add salt to taste and the greens. Blanch for two minutes, and transfer to the ice water. Allow to cool for a few minutes, then drain and squeeze out excess water. Chop coarsely and set aside.
2. Bring the water back to a boil, and add the farro. Reduce the heat, cover and simmer 45 minutes, stirring from time to time, or until the farro is tender. Remove from the heat and allow the grains to swell in the cooking water for 10 minutes, then drain.
3. While the farro is cooking, make the vinaigrette. Whisk together the vinegars, salt, garlic and mustard. Whisk in the oil(s). Add to the farro. Peel and dice the beets and add, along with the beet greens, feta or goat cheese, herbs and walnuts. Toss together, and serve warm or room temperature with a little more cheese sprinkled over the top if you wish.

# SAUTÉED YELLOW SQUASH

Source: Love and Lemons [Sautéed Yellow Squash Recipe - Love and Lemons](#)

Cook Time: 10 mins  
Serves 4

*Author Note: This sautéed yellow squash is one of my all-time favorite summer squash recipes! A crispy, nutty panko topping contrasts perfectly with the tender, herb-flecked squash.*

## Ingredients

- 3 yellow squash
- Extra virgin olive oil, for drizzling
- Fresh basil & thyme for garnish, optional

## Herb oil

- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small garlic clove, grated
- 2 tablespoons parsley, finely chopped
- ¼ teaspoon sea salt
- Freshly ground black pepper

## Breadcrumb Topping

- ¼ cup panko breadcrumbs
- ¼ cup Parmesan
- 1 tablespoon chopped parsley
- ¼ to ½ teaspoon sea salt
- pinch of red pepper flakes, optional

1. Slice the squash into ¼-inch rounds. If the squash is large, slice the rounds into half-moons.
2. Make the herb oil: In a jar with a tight-fitting lid, combine the lemon juice, olive oil, garlic, parsley, salt, and pepper and shake to combine.
3. Make the topping: In a small bowl, combine the panko, Vegan Parmesan, parsley, salt, several grinds of pepper, and a pinch of red pepper flakes, if desired.
4. Heat a large skillet over medium heat with a few drizzles of olive oil. Add the squash and sauté for about 7 to 10 minutes, stirring occasionally so that all sides get cooked. I like to cook mine until it's soft, yet still has a firm bite, but before it becomes too watery and mushy. Remove from the skillet and toss with the herb oil. Top with the panko mixture, and fresh herbs, if desired.