



## *PlumFresh* Harvest Subscription

Season 8, Week 8  
Saturday July 1, 2023

What a week! With the mid-week holiday, it made things a bit confusing. I kept trying to figure out what day it was all week long. The heat didn't help much – both Ray and Cheryl had a bit of heat exhaustion this week. Working in the high tunnels can take it out of you pretty quick.

Harvest-wise, tomatoes and potatoes were the stars of the show, for sure! Nearly 400 pounds of tomatoes and another 1,700 pounds of potatoes! For those of you keeping score at home, we now have harvested 4,148 pounds of potatoes – and we still have more to go!

Speaking of tomatoes, we are growing both heirloom and Hyloom tomatoes in our big high tunnel. These tomatoes have started ripening and are in your bag this week. Hyloom tomatoes offer growers the beauty and flavor of heirloom tomatoes mixed with the vigor and disease resistance of hybrid tomatoes. Some of the tomato varieties you'll be seeing in your bags are Franchi Red Pear, Ken's New Zealand, Valencia, Striped German, Cherokee Carbon, Martha Washington, Pink Berkley Tie Dye, Black Krim, Hawaiian Pineapple, Black Brandywine, Giant Oxheart and Kellogg's Breakfast. In case inquiring minds want to know!

Sorry that we weren't able to have the full order of blackberries in this week's bag – nearly everyone got them but we were disappointed to not have more berries available. We are quite perplexed by the blackberries this year. Usually, the Osage are totally gone by July and the Triple Crowns are coming in strong. This year we still have Osage and the Triple Crowns just aren't ripening despite the abundance of sun and heat. Fingers crossed for next week!

What's in the bag:

- Frissé – *Curlesi*
- Garlic – *Inchelium Red (IR), Red Toch (RT) and Georgian Crystal (GC)* – listed in order of most mild to more bold. However, both *Inchelium Red* and *Red Toch* are very mild.
- Summer Squash -- *Tempest*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*

### Regular Bags Only:

- Blackberries – *Osage & Triple Crown* -OR- a jar of *Strawberry-Baby Ginger-Mint* jam
- Lettuce – *Muir and Magenta*

### Small Bags Only:

- Blackberries – *Osage & Triple Crown*

### Add/Sub Items:

- Beets -- *Boro*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Fennel – *Preludio*
- Italian Parsley
- Curly Kale
- New Potatoes – *Harvest Moon, Nicola, or LaRatte Fingerling*
- Bunching Onions -- *Nabechan*
- Shishito Peppers
- Swiss Chard

### 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. These are pretty ripe. If you have one that is not-quite-as-ripe, set them on a windowsill to move along their process. 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.
- **Frissé and Lettuce** store best in a plastic bag in the fridge crisper drawer.
- The **Garlic** is almost fully cured (dried down). It should be stored on the counter or in a place with good air circulation. NEVER keep garlic in a plastic bag or in the refrigerator!

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

- A member of the chicory/endive family, **Frissé** has thinner, curly leaves with a slightly peppery, bitter taste that makes it a pungent addition to salads. You'll frequently find it in fancy salad mixes. It is the base of a classic French salad with bacon lardons. Try it with a nice creamy dressing. The fat and creaminess of the dressing help to offset any bitterness. See the **Roasted Garlic Dressing** below. It's also a great ingredient in cooked recipes (see below). Cooking mellows its bitterness. Frisee marries well with sweet, sour and salty accompaniments such as orange segments, pomegranate seeds, pears, bacon lardons, garlic, anchovies, poached egg, toasted walnuts, balsamic vinegar and robust creamy cheeses such as blue and goat. It will keep, refrigerated, for one to two weeks.
- Need some ideas for **Summer squash**?
  - 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 chopped tomatoes and maybe some fresh basil. 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.

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



## Recipes

### ROASTED GARLIC DRESSING

Source: smitten kitchen [roberta's roasted garlic caesar salad – smitten kitchen](#)

- 1 head of garlic
- 3/4 cup plus 1 tablespoon (175 grams) olive oil, plus a splash for the garlic
- 1 garlic clove, peeled
- 2 teaspoons (10 grams) smooth dijon mustard
- 1 1/2 tablespoons (21 grams) white wine vinegar
- 2 tablespoons (28 grams) sherry vinegar
- 2 large egg yolks
- 5 anchovy fillets
- Juice of half a lemon, plus more if needed
- Kosher salt
- Freshly ground black pepper

1. Heat oven to 350°F. Cut a quarter inch off the head of garlic and place the head, cut side up, on a big square of aluminum foil. Drizzle lightly with olive oil. Wrap it tightly in the foil and bake for a little less than 1 hour.
2. Remove the garlic from the oven and let it cool in the foil. Squeeze the roasted garlic out of 4 or 5 cloves and set the rest aside for another use (“its really good just spread on grilled bread.”)
3. Put the roasted garlic, the raw clove of garlic, mustard, vinegars, egg yolks, anchovies, and lemon juice into a blender or food processor and blend for 30 seconds or until combined. With the machine one, add the olive oil in a slow, thin stream until it’s incorporated, and the dressing looks smooth. Taste and add salt, pepper, and more lemon juice as desired.

### SPAGHETTI WITH CURLY ENDIVE & BALSAMIC VINEGAR

Categories: Main dish, Pasta, Vegetarian

Yield: 4 servings

- 1 lb Spaghetti
- 4 Garlic cloves, chopped
- 3 T Olive oil
- 1 Head Frissé (aka Curly Endive), trimmed & cut into bite-sized pieces
- 1 T Balsamic vinegar, or to taste
- Salt & pepper

Cook the spaghetti until it is al dente. Meanwhile, sauté 3 garlic cloves in about 2 T oil then quickly sauté the endive in this mixture. Add the vinegar, cook for a moment, then remove from the heat. Season with salt & pepper. Drain the pasta, toss with the remaining garlic & oil, then serve each portion topped with a big spoonful of the sautéed endive, adding extra vinegar if needed.

VARIATIONS: Add 6 oz cooked cannellini beans when you sauté the endive & season with a sprinkling of red pepper flakes if desired. Instead of endive, use 2 heads of radicchio or 1 head of escarole and follow the basic recipe above.

## MOM'S SQUASH CASSEROLE

Source: Irene Ferguson

This was always a favorite in my house growing up. My brother would always ask Mom to make this anytime he was coming over to eat during Squash Season and she always had to take this to dinner at his house. Definitely a more decadent spin on good ol' Summer Squash!

### Squash Casserole

2 lbs. Cooked squash  
1 Cup Sour Cream  
1 Can Cream Chicken soup  
1 Onion Chopped  
1 sm. Carrot (grated)  
1 pkg. Pepperidge Farm Herb  
1 1/2 stick margarine <sup>dressing</sup> (melted)  
salt + pepper to taste

Mix first 5 ingredients.  
Pour melted margarine  
over dressing and mix  
together. Place crumbs in  
bottom of casserole, squash  
mixture. Sprinkle crumbs  
on top. Bake at 350° for  
30 min.



Another squash recipe comes from *PlumFresh* member, Maggie Monteith – Squash Fritters! Maggie is an excellent cook, and she brings us goodies all the time. She has definitely mastered the art of the *PlumFresh* bag! Thanks for enjoying our produce, Maggie and for cooking up and sharing such great things!

## Squash Fritters

2 cups grated squash  
½ medium onion, grated  
~~2 tsp sugar~~ 1 Tsp.  
~~1 tsp salt~~ Dash  
Dash of pepper  
1 egg, beaten  
6 tbsp flour (~~SELF~~ RISING)

Mix together-drop in hot oil, cook until golden brown. ( you can add some butter to oil.





## rice-stuffed tomatoes

### Rice-Stuffed Tomatoes [Pomodori Ripieni di Riso]

Adapted from a blend of [Rachel Eats](#), [Wednesday Chef](#), [Silver Spoon](#) and trial and error

As I mentioned above, you could deck these out with any number of compatible ingredients — crisped bits of prosciutto, mozzarella or pecorino cheese, olives or artichokes and more! Even I couldn't resist straying from the pure tomato-rice-and-seasonings course with a clove of garlic and few tablespoons of minced onion, as well as a starchier risotto variety of rice. But I'm telling you, it needs none of these things to be late summer dinner bliss. The rice cooks inside the most clear-noted, pure tomato sauce you've ever scooped onto a fork and I want August to always taste like this.

Serves 6 as a side and 3 as a main. We had these with sausages, but they'd be equally good with last week's [kale salad](#) and/or some salumi. Or, you can do this, which is the way it is done in Rome: Peel and cube a few Yukon gold potatoes, toss them with olive oil, salt and pepper. Arrange them in the baking dish around the tomatoes and bake them simultaneously. This not only keeps the tomatoes upright, it provides a delicious accompaniment.

2 to 3 tablespoons olive oil

Coarse or Kosher salt

6 medium-to-large (mine were 3 inches across, averaged 8 1/4 ounces in weight) tomatoes

Red pepper flakes, to taste

1/4 medium or 1/2 small onion, finely chopped

1 garlic clove, minced

9 tablespoons arborio or another short-grained starchy rice

Few tablespoons chopped parsley, oregano or slivered basil (or mix thereof)

Handful breadcrumbs, if using (unless using gluten-free breadcrumbs, this will of course negate the dish's gluten-free status)

Heat oven to 350 degrees. Lightly coat an ovenproof baking dish with olive oil.

Prepare tomatoes: Cut the tops off the tomatoes and scoop out tomato juices, seeds and flesh into a non-reactive (i.e. just about anything but aluminum) bowl. I like to use a grapefruit knife to make the first cuts, then a spoon to remove the rest, but you can use anything you have around, being careful not to pierce the bottom of the tomatoes. Salt the cavities of the tomatoes and turn them upside down on a plate to drain.

Prepare reserve: Run scooped-out tomato flesh and juices through a food mill or pulse in a blender until coarsely pureed. Heat a large skillet over medium heat, then add 2 tablespoons olive oil, heating it too. Once hot, add onion, garlic and red pepper flakes, cooking them together for 2 minutes, or until onion begins to soften. Add rice and cook them together for about 3 minutes, or until rice toasts a little. Add tomato puree and bring to a simmer, then reduce heat to medium-low. Season with 3/4 teaspoon salt, then cover skillet with a lid, and let simmer for 10 to 15 minutes, stirring occasionally, until rice is par-cooked. Adjust seasoning if needed.

[If using the potatoes, as mentioned in the Notes up top, prepare them while the rice simmers.]



## Ultimate BLT Sandwich

**SERVES** Serves 4

### WHY THIS RECIPE WORKS

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The biggest challenge when building this classic American sandwich is balance. A bulletproof construction blueprint helped us stack the components thoughtfully—meaning that each bite included salty bacon, crunchy lettuce, and sweet tomatoes. Doctoring up mayonnaise with some basil and lemon juice both boosted the overall flavor of the sandwich and helped glue it all together. On either end, we discovered that toasted potato bread was the best option.



### INGREDIENTS

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- ☐ **16** slices bacon
- ☐ **3** vine-ripened tomatoes
- ☐ **2** tablespoons  
extra-virgin olive oil
- ☐ **1** tablespoon  
red wine vinegar
- ☐ Salt and pepper
- ☐  $\frac{1}{2}$  cup mayonnaise
- ☐  $\frac{1}{4}$  cup chopped fresh basil
- ☐ **1**  $\frac{1}{2}$  teaspoons lemon juice
- ☐ Pinch cayenne pepper
- ☐ **8** slices potato sandwich  
bread

### BEFORE YOU BEGIN

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**\*** Buy the best tomatoes you can find that are about 2 inches in diameter. If your tomatoes happen to be larger, use only two or three slices per sandwich. Since broiler outputs vary, keep an eye on the toast in step 3. You may need more than one package to get 16 slices of bacon. Do not use thick-cut bacon in this recipe.

### INSTRUCTIONS

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**1** Adjust oven rack 6 inches from broiler element and heat oven to 400 degrees. Arrange bacon in single layer on aluminum foil-lined rimmed baking sheet, overlapping slightly as needed to fit. Bake until bacon is deeply browned and crispy, 25 to 30 minutes, rotating sheet halfway through baking. Transfer bacon to paper towel-lined plate; discard bacon fat and foil. Heat broiler.

- ☐ **1** head Bibb lettuce (8 ounces), leaves separated

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**2** Meanwhile, core tomatoes and cut into 16 (1/4-inch-thick) slices (you may have some left over). Whisk oil, vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in shallow dish. Add tomatoes; turn gently to coat with vinaigrette. Whisk mayonnaise, basil, lemon juice, and cayenne together in bowl.

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**3** Arrange bread on now-empty sheet. Broil until lightly browned on 1 side only, 1 to 2 minutes.

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**4** Transfer bread, toasted side down, to cutting board. Spread basil mayonnaise evenly on untoasted sides of bread (use all of it). Break bacon slices in half. Shingle 4 bacon halves on each of 4 bread slices, followed by 2 lettuce leaves, 4 tomato slices, 2 more lettuce leaves, and 4 more bacon halves. Top each sandwich with 1 of 4 remaining bread slices, mayonnaise side down. Cut sandwiches in half, corner to corner. Serve.