



PlumFresh Harvest Subscription

Season 8, Week 8
Wednesday July 12, 2023

Hope you had a great 4th of July Holiday! It was wonderful to see several of you in the blackberry field last Tuesday. We always enjoy having folks come out to the farm and pick fruit (and sometimes veggies!). It is very likely that we will have another blackberry PYO again – so stay tuned!

We've had a busy couple of weeks – and the heat has made it more difficult. Harvest-wise, tomatoes and potatoes have been the stars of the show, for sure. Nearly 600 pounds of tomatoes and another 2,441 pounds of potatoes have been harvested since last Wednesday! For those of you keeping score at home, we now have harvested 4,889 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. Just in case inquiring minds want to know!

What's in the bag:

- Blackberries – *Osage & Triple Crown*
- Blueberries from Felsbeck Farm
- New Potatoes -- *Norwis*
- Summer Squash -- *Tempest*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*

Regular Bags Only:

- Frissé – *Curlesi*
- Garlic – *Red Toch (RT)* – mild --and *Georgian Crystal (GC)* – medium intensity

Add/Sub Items:

- Beets – *Boro*
- Mini Cabbage -- *Caraflex*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Corn from Felsbeck Farm
- Fennel – *Preludio*
- Curly Kale
- New Potatoes – *Harvest Moon, Nicola, or LaRatte Fingerling*
- 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** stores 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!
- Refrigerate **Sweet Corn** as soon as possible with husks on. The longer you wait to eat it, the more sugar will turn into starch, and the corn will lose its sweetness.

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.
- **For the blueberries**, rinse them before using. Use them in pies, smoothies, yogurt parfaits, or in a green salad. Delicious eaten straight out of hand, blueberries are also perfect sprinkled over cereal, or added to desserts. Add to muffin and cake batters, make jam, or puree them with a bit of sugar, strain, and spoon the sauce over ice cream.
- **If you are feeling a bit overwhelmed with berries, freeze them for later!** The best way to freeze blueberries and blackberries is in a single layer so you don't have a berry iceberg. Here are the steps: Wash and sort out the 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. Using this method, you can pour out the berries you want without having to chisel them out of a bag. Think how nice it will be to have fresh tasting berries in the middle of winter!

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.

BLUEBERRY BBQ SAUCE

Source: Andrea Mathis in The Kitchn ([Blueberry BBQ Sauce Recipe \(Rich & Smoky\) | Kitchn \(thekitchn.com\)](#))

YIELD Makes about 2 1/4 cups

PREP TIME 10 minutes

COOK TIME 15 minutes

INGREDIENTS

- 1 medium Vidalia or sweet onion
- 3 cloves garlic
- 2 teaspoons olive oil
- 3 cups fresh or frozen blueberries
- 3 tablespoons liquid smoke
- 2 tablespoons agave nectar
- 2 tablespoons apple cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons molasses
- 1 tablespoon smoked paprika
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt, plus more as needed
- Freshly ground black pepper

1. Dice 1 medium Vidalia onion and mince 3 garlic cloves.
2. Heat 2 teaspoons olive oil in a large saucepan over medium heat until simmering. Add the onions and garlic and sauté until softened, stirring occasionally, about 6 minutes.
3. Add 3 cups blueberries, 3 tablespoons liquid smoke, 2 tablespoons agave nectar, 2 tablespoons apple cider vinegar, 2 tablespoons balsamic vinegar, 2 tablespoons molasses, 1 tablespoon smoked paprika, 1 teaspoon lemon juice, 1 teaspoon chili powder, 1/2 teaspoon kosher salt, and a few grinds of black pepper. Stir to combine. Reduce the heat to low and cook, stirring occasionally, until the sauce is slightly reduced and bubbling, 6 to 9 minutes.
4. Remove from the heat and let cool 15 minutes. Transfer the sauce to a blender and blend until smooth or blend directly in the saucepan with an immersion blender. Taste and season with more salt and pepper as needed.

RECIPE NOTES

Storage: Refrigerate the sauce in an airtight container for up to 5 days.

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.

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 ^{dressing} (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

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

- ☐ **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

***** 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

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

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.

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

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.

Puttanesca Chickpea-Tomato Salad

By Ali Slagle

Time 15 minutes

Rating ★★★★★ (1072)

This recipe turns tomato salad into a meal by marrying creamy beans with some of the briny, salty ingredients found in [pasta puttanesca](https://cooking.nytimes.com/recipes/11583-pasta-puttanesca) (<https://cooking.nytimes.com/recipes/11583-pasta-puttanesca>), like tomatoes, capers, olives and garlic. While Parmesan isn't traditional to puttanesca, coarsely chopped pebbles of it add bursts of umami to this salad. Feel free to omit the cheese for a vegan dish, or embellish the mix with fresh or dried chile, tinned fish or more vegetables. This recipe is not only adaptable but also improves as it sits: The tomato juices mingle with the oil, olives and capers — and the beans drink it all up.

INGREDIENTS

Yield: 4 to 6 servings

1½ pounds ripe tomatoes of any size,
cut into 1- or 2-bite pieces

3 cups cooked, rinsed chickpeas, white
beans or a mix (homemade or from two
15-ounce cans)

½ cup coarsely chopped parsley leaves
and stems

1½ ounces Parmesan, coarsely chopped
or crumbled (about ⅓ cup)

¼ cup extra-virgin olive oil

¼ cup kalamata olives, torn in half and
pitted

3 tablespoons drained capers

1 tablespoon lemon juice, plus more to
taste

1 small garlic clove, finely grated

Kosher salt

PREPARATION

Step 1

In a large bowl, stir together the tomatoes, chickpeas, parsley, Parmesan, olive oil, olives, capers, lemon juice and garlic. Season lightly with salt and stir once more. Let sit for 10 minutes or up to 2 hours at room temperature.

Step 2

Before serving, taste and add more salt and lemon juice until it tastes bright. The balance is largely dependent on your tomatoes. (This salad keeps for up to 2 days in the refrigerator. Bring to room temperature before serving.)
