



PlumFresh Harvest Subscription

Season 8, Week 9
Saturday July 15, 2023

Potato Harvest 2023 is in the bag! Or rather in the cooler. Five thousand eight hundred and seventy-three pounds of delicious Organic spuds! Whew! There are some mighty sore backs and arms around here, for sure! Don't worry, we aren't going to make you eat potatoes every week but we will have additional quantities available for Add/Sub. We grew 9 varieties this year and they each have unique characteristics. We'll be introducing you to them over the next few weeks.

Our tomato harvests continue to be strong. We are expecting a dip in the next few weeks as the results of higher temperatures play out. When it gets really hot, tomato plants drop flowers which results in fewer fruits. Our small "fruit" tomatoes are covered in green fruit that will be ripening soon.

The blackberry harvest was a bit short this week so we snagged a few raspberries from our Joan J planting as well as a few pints of blueberries from Felsbeck Farm. We hope you don't mind!

Coming attractions include green beans, peaches, mushrooms, lettuce, and more!

What's in the bag:

- Farms Choice Fruit:
 - Blackberries – *Triple Crown*
 - Raspberries – Joan J
 - Blueberries from Felsbeck Farm
- Fingerling Potatoes -- *LaRatte*
- Onions – *Cabernet (Red) and Scout (Yellow)*
- Summer Squash -- *Tempest*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Sweet Corn from Felsbeck Farm

Add/Sub Items:

- Beets – *Boro and Touchstone Gold*
- Mini Cabbage -- *Caraflex*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Garlic -- *Chesnok*
- Curly Kale
- New Potatoes – *Harvest Moon or Nicola*
- Swiss Chard

Regular Bags

- Swiss Chard – *Bright Lights and Silverado*

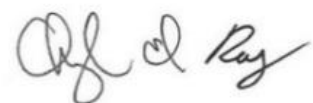
Storage Tips

- 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, Blueberries and Raspberries** 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.
- 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.
- Please use the **Onions** right away! They are not completely cured so the neck of the onions may be a bit damp. If you can't use them immediately, please put them in the fridge (in a plastic bag) or spread them out in a dry area so they can continue to cure.
- **LaRatte Fingerling potatoes** need to be stored in a cool, DARK place. More than any other potato we grow, LaRattes have a tendency to turn green when exposed to light. Vampire potatoes!
- **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.

Things to know + How do I use this stuff?

- **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, raspberries 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

GARLIC-ROASTED FINGERLING POTATOES WITH BUTTERMILK DRESSING

Source: <http://www.wholefoodsmarket.com/recipe/garlic-roasted-fingerling-potatoes-buttermilk-dressing>

Serves 6

Try roasting the potatoes on a grill – make a pan out of foil and place it directly on the grill. You may need to adjust cooking time since the heat will be more intense. Use a cookie sheet to slide the foil pan on and off the grill.

Ingredients:

- 2 lb fingerling potatoes, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil
- 1/4 cup white wine
- 2 teaspoons coarse sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon minced fresh thyme leaves
- 1 clove garlic, finely minced

Buttermilk Dressing

- 1/2 cup buttermilk
- 1/4 cup plain nonfat Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon honey
- 1 tablespoon minced fresh chives
- 1 tablespoon minced fresh dill
- 1 tablespoon minced fresh mint
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

1. Preheat the oven to 400°F. In a large bowl, combine potatoes, oil, wine, salt, pepper and thyme. Toss well.
2. Arrange potatoes in a single layer on two large-rimmed baking sheets. Cover tightly with aluminum foil and cook 15 minutes. Remove the foil and continue to roast potatoes until golden brown, about 30 minutes more.
3. Remove both baking sheets from the oven and toss potatoes with minced garlic. Place potatoes back in the oven and cook for another 10 minutes until deep golden brown and garlic is fragrant (but not burnt).
4. Meanwhile, combine all dressing ingredients in a small bowl, whisking until well combined. Spoon dressing over potatoes and serve.

HOMEMADE SALSA

Source: Love and Lemons [Homemade Salsa Recipe - Love and Lemons](#)

Prep Time: 10 mins
Serves 4

This fresh salsa recipe is super zesty & bright! Serve as a dip with tortilla chips, or pile it onto tacos, burritos, & more.

Ingredients

- ¼ white onion, rinsed, dried, and coarsely chopped
- 1 garlic clove, chopped
- 1 pound Roma or other small tomatoes, cut into large chunks
- 1 jalapeño, chopped (seeds removed, optional)
- ¼ cup cilantro
- Juice and zest of 1 lime
- ½ teaspoon sea salt
- ¼ teaspoon cumin
- Pinch of sugar

Instructions

1. In a food processor, combine the onion and garlic. Pulse until well chopped.
2. Add the tomatoes, jalapeno, cilantro, lime juice, lime zest, salt, cumin, and sugar. Pulse until combined but still chunky.
3. The consistency of this salsa varies depending on the water content of the tomatoes. If it's too watery, strain half to remove some of the liquid. Combine the chunky strained mixture with the remaining salsa. If you still prefer a chunkier texture, strain out more of the liquid to reach your desired consistency.

PANZANELLA BREAD SALAD RECIPE

Source: https://www.simplyrecipes.com/recipes/panzanella_bread_salad/

As you cut the tomatoes, remove some of the seeds and liquid. Your panzanella will be juicy enough. Leave the crusts on the bread chunks; they will stay chewier and give the panzanella more substance.

- 4 cups tomatoes, cut into large chunks
- 4 cups day old (somewhat dry and hard) crusty bread (Italian or French loaf), cut into chunks the same size as the tomatoes*
- 1 cucumber, skinned and seeded, cut into large chunks
- 1/2 red onion, chopped
- 1 bunch fresh basil, torn into little pieces
- 1/4 to 1/2 cup good olive oil
- Salt and pepper to taste

Mix everything together and let marinate, covered, at room temperature for at least 30 minutes, up to 12 hours. Do not refrigerate or you will destroy the texture of the tomatoes. Serve at room temperature. Yields 6-8 servings.

**NOTE If you don't have hard old bread sitting around, you can take fresh crusty bread, cut it into big cubes, lay the cubes out on a baking sheet, and put in a 300°F oven for 5-10 minutes, until the outer edges have dried out a bit (not toasted, just dried). If you use fresh bread without doing this, the bread may disintegrate into mush in the salad.*

Here's a trick to cut the kernels off the cob: Place a small bowl upside down inside a larger bowl, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base. The kernels stay in the bowl – neat and easy-peasy!

CORN SALSA

Source: Amy Chen, Featherstone Farm CSA member, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Makes about 2 cups

Source Note: This is a great summer dish for all those family potlucks. Feel free to vary the proportions of any of the ingredients listed here, based on what's in your CSA box or your garden. This combo works great, but there are almost endless possibilities for making fresh, colorful salsas.

- 2 tablespoons good-quality olive oil
- 1 tablespoon red wine vinegar (or use fresh lime juice)
- 1 cup grilled corn, removed from the cob
- 2 grilled serrano peppers, chopped fine
- 1 large ripe tomato, diced
- Fresh basil leaves, chopped roughly
- Freshly ground black pepper
- Salt

Whisk the olive oil slowly into the vinegar. Add everything else. Mix and refrigerate until well chilled. This salsa is great on many things (with chips, pita, hummus, grilled veggies, and meat) or all by itself.

PGF Note: A slight variation of this salad is in our standard rotation during corn season – although it could be made with frozen corn kernels as well. This salad can easily be made with canned black beans (if you forget to cook them fresh!) We do a variation of this using apple cider vinegar instead of lime juice. A chopped jalapeño is a nice addition for a bit of extra heat and brightness. We like to serve this over rice for a complete vegetarian protein with the black beans. Have fun experimenting with this!

Black Bean, Corn and Tomato Salad



Recipe courtesy of Food Network Kitchen

Total: 2 hr 10 min

Prep: 10 min

Cook: 2 hr

Ingredients:

- 1 pound dried black beans
- 4 plum tomatoes, chopped
- Salt
- 2 cups corn kernels
- 1/2 red onion, chopped
- 1 bunch cilantro, chopped
- Juice of 1 lime
- 1/4 cup olive oil
- Pepper
- Cayenne

Directions:

In large pot cover beans with cold water. Bring to a boil. Remove from heat, cover, and let sit for 1 hour. Drain beans and add fresh water to completely cover. Bring to a boil and simmer for 1 hour until beans are tender. Drain. In a serving bowl toss tomatoes with salt and set aside for 10-15 minutes to bring out juices. Add beans, corn, and onion and mix well. Add cilantro, lime juice and oil. Stir to coat. Season with salt, pepper and cayenne to taste. Serve immediately, or set aside for 30 minutes for flavors to intensify.



CORN, AVOCADO AND BLACK BEAN SALAD

Source: "Corn" by Tema Flanagan (UNC Press) via Michael Hastings, Winston-Salem Journal (7/4/2017)

Makes 4 to 6 servings

- Kernels from 2 cooked ears of corn
 - 2 tomatoes, cored and chopped
 - ½ cup cherry tomatoes, halved
 - ½ cup canned black beans, drained and rinsed
 - ½ cup chopped cilantro
 - ½ medium onion, diced
 - 1 to 2 jalapeños, seeded and minced (optional)
 - Juice of 2 limes
 - 2 tablespoons extra-virgin olive oil
 - ¾ teaspoon salt
 - Freshly ground black pepper to taste
 - ½ teaspoon ground cumin
 - ¼ teaspoon cayenne
 - 2 avocados, peeled and cut into cubes
1. Place corn, chopped tomatoes, cherry tomatoes, black beans, cilantro, red onion, and jalapeños, if using, into a mixing bowl. Stir to mix.
 2. In a small bowl, whisk together the lime juice, olive oil, salt, black pepper, cumin and cayenne until incorporated. Pour the dressing over the salad and toss to mix. Add the avocado and gently toss to incorporate. Taste for seasonings and adjust as necessary before serving.

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.

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.)
