



PlumFresh Harvest Subscription

Season 8, Week 9
Wednesday July 19, 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! That's almost 3 TONS! 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.

This week's bag is super special, we think. Peaches, Chanterelle Mushrooms, Sweet Corn, Tomatoes and Triple Crown Blackberries – Wow! We did some extra curating this week. The peaches come from Hill's Orchard in Cana, Virginia. They were recommended by Frank Levering whom we trust for knowing his fellow growers. The peaches are not organic, but they are responsible growers that don't over-spray their fruit.

The Chanterelles come from Ernie and Cathy Wheeler of Pinnacle. Many of you know them as Borrowed Land Farm and we used to get cultivated mushrooms from them a couple of years ago. Unfortunately, they are no longer doing that. However, they are expert mushroom foragers and found the beautiful chanterelles in your bag this week. In case you are nervous about foraged mushrooms, Ernie, Cathy and their son, Gabriel have all received their Wild Mushroom Food Safety Certification. They are recognized as "Approved Mushroom Identification Experts."

Finally, you have Sweet Corn from J French at Felsbeck Farm. You are probably getting a few extra ears because the corn isn't completely filled out in some cases. The weather over the past few weeks has wreaked havoc on J's corn and it hasn't produced as well as he had hoped. It is still very sweet and delicious – even if the cob isn't completely filled out with kernels!

What's in the bag:

- Onions – *Cabernet (Red)*
- Summer Squash -- *Tempest*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Sweet Corn from Felsbeck Farm
- Wild Chanterelle Mushrooms foraged by Cathy & Gabriel Wheeler

- Peaches (*Coral Star*) from Hill's Orchard in Cana, VA

Regular Bags

- Blackberries – *Triple Crown*

Add/Sub Items:

- Beets – *Boro and Touchstone Gold*
- Mini Cabbage -- *Caraflex*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Frissé – *Curlesi*
- Garlic -- *Chesnok*
- Curly Kale
- Shishito Peppers
- Fingerling Potatoes -- *LaRatte*
- New Potatoes – *Harvest Moon or Norwis*
- 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.
- **Chanterelle Mushrooms** should be stored in their paper bag. Use them as soon as possible. For cleaning instructions, please see the section below (page 6).
- **Peaches** should be refrigerated if they are ripe. The peaches had been stored in the walk—in cooler at the orchard to slow down their ripening process. If they need a bit more time to ripen, (hard as a rock), store them out of the sunlight on the countertop until they are soft and aromatic. Once they are ripe, place them in a plastic bag in the fridge. If you put unripe peaches in the fridge, you will stop the ripening process! Use ripe peaches within a week.
- **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.
- 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.
- **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?

- **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

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

Makes about 2 cups

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

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)

- 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.

HOW TO COOK CHANTERELLE MUSHROOMS

Published: Jan 5, 2018 Modified: Jan 23, 2023 Author: [Alan Bergo](#)
[How to Cook Chanterelle Mushrooms - Forager | Chef \(foragerchef.com\)](#)

You went to the market, or better yet the woods, and now you're staring at some beautiful chanterelles in your kitchen. If you're new to cooking chanterelles, or even if you're an old-school hunting pro, before you chop them up like any old mushroom, take a few minutes and consider some things with me.

FIRST: CLEAN THE MUSHROOMS AND STORE PROPERLY

At home, when I want to clean the mushrooms I fill a sink with very cold water, and then swish them, one by one, in the cold water to remove grit, then put them in a paper bag lined with slightly damp towels until I need them. Over the course of a few days, or even weeks, I may need to refresh the towel as some of the moisture evaporates in the fridge. You can keep the chanterelles in a plastic bag too, but they will go bad faster, the plus side is that plastic holds in moisture.

GENERAL COOKING

Chants, as my mushroom hunting friends and I call them, more than many other mushrooms really beg for some special treatment. When I first got to cook chanterelles in a kitchen as a young chef, I didn't think twice about chopping up the big monsters that we would get from Oregon through the fall and winter, and when they get big (we were cooking a species called *C. formosus* that can be very large) cutting them into chunks can be the best way to go.

BROWNING

Another key to flavor with chants is to make sure that they get a little color, don't cook them until they dry out and get tough, but brown them a bit, gently. This can be tricky if you're trying to cook a big batch of them, but keeping them whole makes life a lot easier again here.

When the mushrooms are cut up, they take up more surface area and can let off a lot of water if it was wet outside or if you had to rinse them, which I generally do unless they're very clean.



5 from 4 votes

Warm Mushroom Wild Rice Salad

A warm salad of wild rice and chanterelle mushrooms garnished with vegetables and black walnuts. Serves 4-6 as a side dish

Prep Time 30 mins	Cook Time 30 mins
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Course: Side Dish Cuisine: Keyword: Black Walnuts, Chanterelles, Wild Rice
Author: Alan Bergo American

Ingredients

Mushrooms and Vegetables

- 1 3 oz fennel, diced small ¼ inch dice
- 1 small carrot, peeled and thinly sliced ¼ inch slices
- 2 oz garlic scapes, thinly sliced
- 1 bunch scallions, thinly sliced, tops and bottoms trimmed
- 1 large clove garlic grated or minced
- 10 oz chanterelles preferably smaller buttons
- 4 oz thinly sliced or diced bacon optional
- 4 tablespoons unsalted butter or oil use butter if you'll serve it hot or warm, oil if you'll serve it as a salad
- 2 oz ¼ cup lightly toasted black walnuts, optional

Wild Rice

- 1 cup natural wild rice
- 2 cups chicken stock or water
- Generous handful of roughly shredded herbs such as oregano, basil, thyme, dill, mint, tarragon, chives, or a combination of whatever you have, to taste
- Kosher salt and fresh ground black pepper

Serving

- Dill flowers, optional

Instructions

Rice

1. Combine the wild rice, ½ teaspoon salt (skip the salt if you use stock that's seasoned) water or stock and bring to a simmer.
2. Cover the pan and cook on low for 20 minutes or until the rice is tender and the liquid has been completely absorbed. Allow the rice to rest while you're preparing the rest of the ingredients.

Warm Mushroom Wild Rice Salad *continued*

Chanterelles and Vegetables

1. Clean the chanterelles by swishing in water quickly if needed. Large mushrooms should be cut in half. Small buttons that haven't opened their caps should be left whole.
2. Render the fat from the bacon if using slowly on medium-high heat in a large 10-12 inch cast iron skillet.
3. When the fat has released, add the chanterelles, turning the heat to medium and cooking until their liquid has released and the mushrooms have begun to take on some color. If the pan threatens to get dry, add a splash of stock or water.
4. Add half the butter or oil, vegetables (except the scallions) and garlic, season with a generous pinch of salt, turn the heat to medium-low, cover and cook, stirring occasionally, for about 10-15 minutes or until the vegetables are tender.
5. Add the rice and the nuts, remaining butter or oil, stir and heat through. Double check the seasoning and adjust until it tastes good to you. It should be lightly dressed with fat, herby, and well seasoned. Serve garnished with a few dill flowers, if using.
6. The rice will keep for 3-4 days in the fridge.

To serve the dish as a cold or room temperature salad

1. Season the dish with a little extra oil and salt as chilling mutes flavors. I like to pack it into deli containers and bring it in a cooler for a quick, filling meal in the field. Before serving I might add lemon juice or vinegar, and more fresh herbs.