



## *PlumFresh* Harvest Subscription

Season 8, Week 10  
Saturday July 22, 2023

Hey, hey, hey – we are the Champions! Well, at least our tomatoes are anyway. Two of the varieties we entered into Cobblestone's Tomato Tasting last week tied for First Place. Not shabby! They were Hawaiian Pineapple, a yellow-orange heirloom with a bit of red in it along with Carbon, an improved Cherokee Purple that has the same great taste. Speaking of tomato tasting – we are planning to do one here at the farm for PlumFresh members sometime in August. Last year was the first time we did this, and it was a lot of fun! Stay tuned for specifics.

This week's bag is super special, we think. Peaches, Tomatoes and Triple Crown Blackberries – Wow! We are working with a new producer 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. Make sure you wash them before eating. The peaches are a bit firm from being placed into their walk-in cooler immediately after harvest. They definitely benefit from sitting out on the counter for a few days to soften up.

Our garlic has cured nicely, and we are starting to roll it out to you in waves. The three varieties you have in this week's bag have very different flavor profiles. Here are some brief descriptions:

- **Red Toch:** A softneck variety that comes to us from the Republic of Georgia. It is nicely flavored but has very little heat and is not quite as strong as Inchelium Red. Excellent for guacamole, gazpacho or other raw uses or when you want to use a lot of garlic without it being overpowering. Cheryl and Ray's favorite garlic for raw eating. Keeps well.
- **Music:** This hardneck variety has a sweet, mild-medium classic garlic flavor. Favorite of many customers – our best-seller. Even people who don't like garlic enjoy this variety!
- **Lahontan Early White:** A unique, artichoke soft-neck white garlic with a fresh, rich, spicy, pungent flavor. Great in Mexican or Asian dishes. Hot-pepper style heat that builds slowly to an explosion that warms your entire mouth fast, followed by a creamy aftertaste. Tight clove sheaves make it a great keeper.

Finally, many of you added on Sweet Corn from J French at Felsbeck Farm. 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 filled out with kernels!

What's in the bag:

- Beets – *Boro and Touchstone Gold*
- Garlic – *Red Toch (RT), Music (M), Lahontan (L)*  
– listed in order of mildest to most bold
- Summer Squash -- *Tempest*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*

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

### Regular Bags

- Blackberries – *Triple Crown*
- Sunflower Shoots

### Add/Sub Items:

- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Sweet Corn from Felsbeck Farm
- Curly Kale
- Kolrabi – *Azur Star*
- Shishito Peppers
- Fingerling Potatoes -- *LaRatte*
- New Potatoes – *Harvest Moon or Norwis*
- Swiss Chard – *Bright Lights and Silverado*

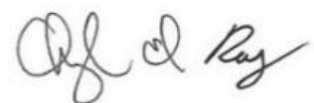
### Storage Tips

- 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.
- **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.
- For **Beets**, store the roots with the rootlets (or "tails") attached, unwashed (although we did give them a spray to get the field dirt off), 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 **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!
- **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.
- **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!



# Recipes

## PEACH SALSA

Source: Love and Lemons

Prep Time: 10 mins

Total Time: 10 mins

Serves 4

*Made with fresh peaches and summer veggies, this easy peach salsa recipe is sweet, spicy, zesty, and delicious! Great served with tortilla chips or on tacos, bowls, and more.*

### Ingredients

- 2 to 3 ripe peaches, pitted and diced
- ½ red bell pepper, diced
- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro
- Juice and zest of 1 lime
- 1 small garlic clove, grated
- ½ jalapeño pepper, minced
- ¼ teaspoon sea salt, plus more to taste

### Instructions

1. In a medium bowl, mix together the peaches, bell pepper, onion, cilantro, lime juice and zest, garlic, jalapeño, and salt. Season to taste and chill until ready to use.

Find it online at <https://www.loveandlemons.com/peach-salsa/>

# PANZANELLA SALAD

Source: Love and Lemons

Prep Time: 30 mins

Total Time: 30 mins

Serves 4 to 6

*This summer panzanella is a delicious riff on the classic recipe. I add sweet peaches, crisp corn, and roasted chickpeas to make it a true celebration of summer bounty.*

## Ingredients

- 3 tablespoons extra-virgin olive oil, more for drizzling
- 3 tablespoons fresh lemon juice or sherry vinegar, more as desired
- 3 garlic cloves, minced
- ½ teaspoon Dijon mustard
- ½ cup sliced red onion
- Kernels from 2 ears of fresh corn
- 10 small or 5 medium tomatoes, sliced into wedges
- 16 cherry tomatoes, sliced in half
- 3 peaches, pitted and sliced
- 4 to 5 cups cubed crusty bread
- 1 cup chopped fresh basil
- Sea salt and freshly ground black pepper
- 1 cup roasted chickpeas, optional

## Instructions

1. In the bottom of a large bowl, combine the olive oil, lemon juice or vinegar, garlic, mustard, ½ teaspoon of salt, and a few grinds of pepper. Add the onion, and corn and toss until coated. Let sit for 10 minutes while you prep everything else.
2. To the bowl, add the tomatoes, peaches, bread, and half the basil. Toss to combine, adding more olive oil if the bread is too dry, and more lemon, salt, and pepper, to taste. Let the salad sit for about 10 minutes so that the juices can soak into the bread. Give it a toss, then top with the remaining fresh basil and the chickpeas, if using.

Find it online at <https://www.loveandlemons.com/panzanella-salad-with-peaches-and-corn/>

# Peach & Blueberry Crumbles



Recipe courtesy of Ina Garten

From: Food Network Magazine



*I usually make a shopping list before I head to the store: I decide what to cook while I'm still at home, then I write down everything I need. But sometimes, I like to shop with just the framework for a recipe in mind; that way I can let the ingredients at the farm stand or grocery store tell me what to make. This fruit crumble is the perfect example: In the summer, when peaches are ripe and freshly picked, I love to use peaches and blueberries. And then in the fall, I follow the same basic recipe to turn out a delicious apple crumble. Warm fruit, a scoop of vanilla ice cream, and everyone is happy!*

Level: Easy

Total: 1 hr

Active: 20 min

Yield: 5 to 6 servings

## Ingredients:

### For the Fruit:

- 2 pounds firm, ripe peaches (6 to 8 peaches)
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 cup fresh blueberries (1/2 pint)

### For the Crumble:

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/4 cup light brown sugar, lightly packed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 1/4 pound (1 stick) cold unsalted butter, diced

## Directions:

- 1 Preheat the oven to 350° F.
- 2 Immerse the peaches in boiling water for 30 seconds to 1 minute, until their skins peel off easily. Place them immediately in cold water. Peel the peaches, slice them into thick wedges and place them in a large bowl. Add the lemon zest, lemon juice, granulated sugar and flour. Toss well. Gently mix in the blueberries. Allow the mixture to sit for 5 minutes. Spoon the mixture into ramekins or custard cups.
- 3 For the topping, combine the flour, granulated sugar, brown sugar, salt, cinnamon and the butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed until the butter is the size of peas. Rub the mixture with your fingertips until it's in big crumbles, then sprinkle evenly over the fruit. Place the ramekins on a sheet pan lined with parchment paper and bake for 40 to 45 minutes, until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.



## Cook's Note

If you want to make these early, store the unbaked crumbles in the refrigerator and bake before dinner.

Photograph by Mike Garten

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# 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.



## MOEN CREEK PICKLED BEETS

Makes 4 pints

*Source Note: These will keep in the refrigerator several weeks but may disappear long before. Use as a condiment or a salad topping (chopped or sliced). Delicious as an appetizer with cottage or hard cheeses.*

- 4 pounds beets
  - 3 cups thinly sliced onions
  - 1½ cups cider vinegar
  - 1½ cups water
  - 1½ cups sugar
  - 1 tablespoon mustard seed
  - 1 teaspoon whole allspice
  - 1 teaspoon whole cloves
  - 3 sticks cinnamon, broken
  - 1 teaspoon salt
1. Scrub the beets with a vegetable brush and trim off the tops, leaving 2 inches of the stems attached to the roots. (Young tops can be added to salads or steamed as a vegetable.) Cover the beetroots with boiling water and cook until they become tender. Lift out the beets and drain. Peel and remove the stems (halve or quarter any roots that are larger than golf-ball size); set aside.
  2. Combine the remaining ingredients in a large pot. Bring to a boil, decrease the heat, and simmer for 5 minutes.
  3. Add the beets and heat through. Remove the cinnamon sticks, and let the beets sit in the vinegar solution until cool. Store in the refrigerator.

— FairShare CSA Coalition, *From Asparagus to Zucchini*, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

## 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
- ½ cup extra virgin olive oil
- ½ 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!
- ¼ 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.

*Recently at Market, I had a conversation with a woman who was so excited to get our tomatoes as she was going to make a Tomato Pie. I asked her what was her favorite recipe and this was the one she pointed me to. Hey, if it's from James Beard, it can't be bad, right? Actually this recipe is Ruth Reichl's (former editor in chief of Gourmet Magazine) interpretation of the dish. And it has FAR less steps than most tomato pie recipes I've seen.*

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RECIPES  
COOKBOOKS  
& COMMUNITY



## CATEGORIES

Savory Pie

### James's Beard Tomato Pie

foodie



## INGREDIENTS

- 2 cups flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup unsalted butter
- 2 tablespoons fresh parsley, minced
- 3/4 cups buttermilk
- 4-6 ripe tomatoes, sliced 1/4-1/2 inch thick
- 2-3 basil leaves, thinly shredded (chiffonade)
- 1 1/4 cups shredded cheddar cheese
- 1 1/2 cups real mayonnaise

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Begin by making the biscuit crust. Combine flour, baking powder, baking powder and salt.
3. Cut in the butter until it's the size of peas, and add parsley.
4. Stir in buttermilk until the dough holds together, turn out onto a floured surface and knead a few minutes. Pat it into the bottom and sides of a 9 inch pie pan.
5. Cover the biscuits with tomato slices then sprinkle with salt and pepper. Sprinkle the basil over the tomatoes.
6. Combine the cheese and mayonnaise in a small bowl and spread the mixture on top of the tomatoes.
7. Bake in preheated oven for about 35 minutes, or until it is golden brown. Remove and allow to rest for at least 10 minutes before serving.