



***PlumFresh* Harvest Subscription**

**Season 8, Week 10
Wednesday August 9, 2023**

We're back! We are happy to be back in your kitchen again with some great summer produce for you to enjoy. Thank you for understanding our break. We were able to get a lot of things done to help kickstart the rest of the season -- lots of seeding, planting, clearing, weeding! We were even able to take a little break for a bike ride around Salem Lake and a visit to Quarry Park! Amazing!

Looking ahead to what's coming out of the fields – the okra and eggplant are starting to produce, and our sweet peppers are just starting to ripen. We've got a nice variety of these peppers this year from the Corno di Toro Italian Peppers to the big sweet bells and the nearly seedless and sweet Lunchbox/Picnic peppers. Our Shishitos have really taken off and you have them in this week's bag.

The first of our green beans have appeared – the flat-pod pole bean. We've got 3 more successions of beans planted so we hope to have a good supply of them for a while. The Sweet potato vines are just beginning to flower – that's a good sign! We anticipate harvesting them in about 6 weeks, so we'll have lots of them for your Fall pleasure.

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:

- **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!
- **Chesnok:** The rich aroma of this hardneck variety lingers to a medium flavor. Great all-purpose garlic which retains flavor when cooked. It is a great roaster – the cloves keep their shape so that you can remove a fully formed clove from the roasted garlic.
- **Lorz Italian:** The Lorz family brought this softneck garlic to the Columbia River Basin of Washington State from Italy before the 1900's. It has 2-5 layers with 12-18 cloves with wrappers that peel easily. The cloves are cream colored with elongated tips and are great for roasting with a bold flavor that lingers. It is the perfect addition to a great Italian meal! A real garlic lover's garlic! Ark of Taste variety

What's in this week's bag, you ask? Here you go!

- Garlic – *Music (M), Chesnok (C), Lorz Italian (L)* – listed in order of mildest to most bold
- Flat-Pod Green Beans – *Northeaster*
- Lettuce – *Magenta and Gourmet Blend*
- Potatoes – *German Butterball*
- Shishito Peppers

- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*

Regular Bags

- Sunflower Shoots

Add/Sub Items:

- Beets – *Boro and Touchstone Gold*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Okra – *Burgundy and Cajun Jewel*
- Fingerling Potatoes -- *LaRatte*
- Creamer Potatoes Mix
- Potatoes – *Norwis*
- Summer Squash -- *Tempest*
- Fruit Tomatoes

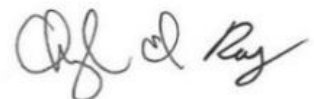
Storage Tips

- **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.**
- **Beans, Lettuce and Shishito Peppers** store best in plastic bags in the crisper drawer.
- **Potatoes** should be stored in a paper bag (not plastic) in a cool, dark place away from onions. Don't store them in the refrigerator!
- **Garlic** is best stored in a cool, dark place or in a bowl on the counter (away from sun). Do not store in the refrigerator!
- **Sunflower Shoots** store well in their container. **Make sure to wash and spin dry them in a salad spinner before eating!** The container is compostable so please return it for recycling.
- **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?

- The flat-pod beans (aka Romano Beans) are delicious when roasted! Toss in a bit of olive oil, sprinkle with kosher salt and roast in a hot oven for about 10-15 minutes. Oh. So. Good.
- Mildly spiced Japanese **Shishito peppers** are most commonly used cooked. These things are so good, they are addictive! Their peppery taste takes on a richer flavor profile and becomes slightly smoky when cooked. Most commonly they are prepared blistered in oil, finished with sea salt and served stem-on as a finger food. They can also be broiled, grilled or sautéed. Once blistered they can be chopped and used to top pizzas, pasta, paella, omelets and salads, or served alongside sauces and spices for dipping. To store, keep refrigerated and use within two weeks.
- Roast the **okra** on the grill or in the oven. Spray with a bit of olive oil and sprinkle with salt. YUM! The same technique works for eggplant!

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



Recipes

ITALIAN GREEN BEAN AND POTATO SALAD

Source: Michael Hastings, Winston-Salem Journal (7/22/2020) https://journalnow.com/lifestyles/food/food-hold-the-mayo-theres-more-than-one-way-to-make-potato-salad/article_b0f67d3a-a928-5736-9f1c-b80252f5c56d.html#1

NOTE: *Michael did a feature on different potato salads – check out the link for more ideas!*

Makes 4 to 6 servings

- 2 pounds red potatoes, whole, unpeeled
- Salt
- 1 pound green beans, trimmed and cut into 2-inch lengths
- 3 tablespoons red-wine vinegar
- 1 cup thinly sliced onion (about 1 large)
- 2 cloves minced garlic
- 2 tablespoons chopped parsley or dill, or a combination
- Salt and freshly ground black pepper to taste
- ¼ cup olive oil

1. Cover the whole potatoes with plenty of water – about 2 inches' worth. Add 1 tablespoon salt, and bring to a boil. Cook potatoes 8 to 10 minutes. Add the beans and cook 5 to 7 minutes until beans are crisp-tender and potatoes are just barely tender. (Timing this can be tricky; an alternative is to cook the beans and potatoes in separate pots.) Drain the beans and potatoes.
2. Meanwhile, in a mixing bowl, stir vinegar, garlic, onion and herbs. Add about ½ teaspoon salt and ¼ teaspoon pepper, then stir in olive oil. As soon as the potatoes are cool enough to handle, cut them into 1- to 1½-inch pieces. While the potatoes and beans are still warm, toss them in the vinaigrette. Taste and add more salt, pepper or vinegar as needed. For best results, let sit at room temperature about an hour before serving, or refrigerate overnight. If refrigerated, bring to room temperature before serving.

Note: Other possible addition to this salad could include marinated artichokes, salami, cherry tomatoes, fresh mozzarella balls.

More tips from Michael for making great mayo-free potato salads:

- The best potatoes for all kinds of salads are those low in starch, which gives them a denser, moister texture. The low amount of starch helps them hold their shape after cooking, even when cut. Sometimes called boiling potatoes or waxy potatoes, low-starch potatoes include red-skinned potatoes. Red Bliss is probably the ideal boiling and salad potato. New (small and thin-skinned) potatoes typically are low in starch. **Fingerlings fall into this category, too.**
- Ideally, potatoes are cooked whole to retain the most flavor. The skins help the potatoes to avoid leeching flavor into the cooking water. But sometimes it's more practical to cut the potatoes before cooking them — as with the thin slices in French potato salad.
- Cook potatoes gently in plenty of water. To make the cooking process gradual and gentle, start the potatoes in cold or room-temperature water. That way, the potatoes are heated gradually along with the water. Once the water comes to a simmer or light boil, reduce the heat to maintain a low simmer.
- Most mayo-free potato salads call for leaving the skin on, partly because the varieties of potatoes used typically have thin skins.
- Cutting potatoes with a serrated knife will minimize tearing of the skin.
- It is best to dress the potatoes while warm. The warm temperature is key is helping the potatoes absorb the dressing.

PAN-SEARED SHISHITO PEPPERS

The peppers can also be roasted in the oven or on the grill – try with okra or other vegetables. A great appetizer or side dish!

- 1 pint shishito peppers
 - 1 teaspoon good olive oil
 - Sea salt to taste
 - Lemon juice
1. Wash and dry the peppers and toss them with the olive oil in a plastic container with a lid – shake well to coat the peppers.
 2. Heat a large heavy skillet over high heat. Add the peppers and cook for 5-7 minutes, stirring frequently, until the peppers are slightly brown and blistered. The peppers will puff up and will then deflate – when they deflate, they are ready.
 3. Sprinkle the peppers with sea salt and lemon juice to taste. A sprinkle of romano cheese is a great addition as well.

Love and Lemons, one of my favorite recipe blogs, had a post recently about how much they love shishito peppers. They also have some great dipping sauces to consider using with the peppers – haven't tried them yet but they sound delicious! Take a look here: [Blistered Shishito Peppers Recipe - Love and Lemons](#)

SPICY CORN & SHISHITO SALAD

Source: PlumFresh Member, Karen Byrd. She got this recipe from the New York Times: [Spicy Corn and Shishito Salad Recipe - NYT Cooking \(nytimes.com\)](#)

*Notes from Karen: I used your garlic and shallots instead of onion. I did not cook peppers & the salad tasted lovely & fresh. I did par boil the corn for one minute and then put in an ice bath to keep it fresh tasting. My husband does not like raw corn.**

- 3 1/2 tablespoons olive oil
 - 2 tablespoons fresh lime juice
 - 1/4 teaspoon ground cumin
 - Kosher salt
 - 1/3 cup diced red onion or shallot
 - 1 garlic clove, minced
 - 3 cups fresh corn kernels (from 4 to 6 ears of corn)
 - 6 ounces shishito peppers, stemmed and cut crosswise into 1/4-inch slices, or green bell peppers, stemmed and diced
 - 1 large jalapeño, seeds and ribs removed, diced - (optional)
 - 1/4 cup grated Cotija or crumbled feta cheese (optional), or to taste
 - 1/4 cup chopped fresh cilantro leaves and tender stems, plus more to taste
1. In a small bowl, whisk 2 tablespoons olive oil with the lime juice, cumin and ¾ teaspoon salt. Stir in the red onion and garlic and set aside until ready to use. (Do this step first so the onions and garlic have time to mellow slightly in the dressing.)
 2. Place the corn kernels in a large bowl and set aside. *In a medium (10-inch) sauté pan, heat the remaining 1 ½ tablespoons olive oil over medium heat. Add the shishitos, jalapeño and a pinch of salt and cook, stirring occasionally, until the peppers are tender and beginning to brown, 4 to 6 minutes.
 3. Add the peppers and dressing to the bowl with the corn and toss well. Add the cheese, if using, and toss. Garnish with cilantro.

CREAMY CHILLED SHISHITO PEPPER SOUP

Based on a recipe by Sandi Gaertner in Fearless Dining (<https://www.fearlessdining.com/shishito-pepper-soup/>)

Prep Time: 10 mins; Cook Time: 15 mins; Total Time=25 mins

Ingredients

- 1 pint shishito peppers washed, trim off stem ends and stems
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 medium cucumber
- 1/4 cup onion, chopped
- 1 medium tomato or 10 cherry tomatoes, chopped
- 2 cups vegetable stock or water (I used water and added veggie boullion)
- 1 tablespoon +1 teaspoon apple cider vinegar
- ¾ cup nonfat plain Greek yogurt
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon salt or more to taste
- ½ teaspoon cumin

Instructions

1. In a frying pan, heat oil and garlic on high heat.
2. Add peppers.
3. Cook Shishito peppers until blisters appear on the skin (~5-7 minutes).
4. Place peppers and all ingredients into a blender or Vitamix. (Note, if you do not use a Vitamix, make sure you roughly chop up your vegetables first.)
5. Puree on medium speed for 30 seconds.
6. Make sure peppers are pureed.
7. Place in an airtight container.
8. Chill in the refrigerator 3-4 hours. Serve chilled.

GREAT GREEN BEAN IDEAS

Source: *Bounty From the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

- Toss freshly boiled or steamed green beans with soy sauce, sesame oil, extra-virgin olive oil, pesto, lemon juice, Italian dressing, or vinaigrette.
- Munch raw beans with various dips. Kids like these as a finger food!
- Sprinkle chopped fresh herbs over steamed or boiled green beans; dill or mint are pleasant surprises with green beans.
- Stir-fry or sauté green beans with a mixture of peanut or sesame oil, soy sauce, green onions, garlic, ginger, chili paste, sugar, salt, and pepper for Szechuan-style beans.
- Drop a handful into stir-fries at the last minute to add flavor and crunch. (This works best with young, tender beans.)
- Serve salade niçoise, that hearty, traditional cold salad with tuna, hardboiled eggs, olives, and green beans. There's nothing better for supper on a warm summer evening.
- Treat your string beans as you would southern-style greens—cook them slowly in lots of water with a ham hock or piece of pork fatback and finish off with a dose of vinegar and a dash of hot pepper sauce. [Cheryl note: this is how I grew up with beans – sans the hot sauce and vinegar!]
- Add interest to cooked green beans by tossing them with a light vinaigrette and slivered almonds or chopped hazelnuts.