



***PlumFresh* Harvest Subscription**

**Season 8, Week 11
Saturday August 12, 2023**

We're back! We are happy to be 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! It was a terrific and restorative break.

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. These Northeaster beans are incredibly good – despite a bit of damage from bean beetles. We have trialed several varieties of Romano beans and these are hands-down our favorites. We've got 3 more successions of different types 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.

The Chanterelles are incredible beauties! And the fragrance! Some describe it as being an apricot-like aroma – and I get that. They were foraged by Cathy Wheeler of Pinnacle on Friday morning. Many of you know Cathy and her husband, Ernie, as Borrowed Land Farm. 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."

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

- Garlic – *Music (M) and/or Chesnok (C)*
- Flat-Pod Green Beans – *Northeaster*
- Potatoes – *German Butterball*
- Shishito Peppers
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*

- Wild Chanterelle Mushrooms foraged by Cathy Wheeler

Regular Bags

- Summer Squash -- *Tempest*
- Tomato Fruit Box – *Mix of cherry and grape tomatoes*

Add/Sub Items:

- Beets – *Boro and Touchstone Gold*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Eggplant -- *Annina*
- Okra – *Burgundy and Cajun Jewel*
- Fingerling Potatoes -- *LaRatte*
- Potatoes – *Plum Gold (we are sold out of Harvest Moon)*

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.**
- **Romano Beans and Shishito Peppers** store best in plastic bags in the crisper drawer.
- **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).
- **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! They are mild – although maybe 1 in 50 can be a bit spicy. Their green-peppery taste takes on a richer flavor profile and becomes slightly smoky when cooked. The typical preparation is 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.
- **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](#)

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.

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 tablespoon 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 Lippe

- 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!]

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.

Chanterelles on Toast

Recipe from Hugh Acheson

Adapted by Tara Parker-Pope

Time 20 minutes

Rating ★ ★ ★ ★ ★ (691)

One of our Wednesday PlumFresh members, Susan O'Brien, mentioned that she found this recipe on the *New York Times* Cooking website. She raved about how easy and delicious it was. I definitely wanted to share this with you!

Just so you know how many mushrooms you received in your bag, Regular bags got 6 ounces and Small bags got 4 ounces.

Mushrooms are like sponges full of water. When subjected to heat, they release their liquid, and after some of it evaporates, they will suck the rest back up. So in this recipe from the chef Hugh Acheson start by letting the chanterelles hit the hot oil, sizzle and then color a bit. Liquid will exude into the pan, partly evaporate and then return into the mushrooms. Once the pan is pretty much liquid-free, it's time to reintroduce flavorful liquids, which the mushrooms will also take up. —**Tara Parker-Pope**

INGREDIENTS

Yield: 4 servings

2 tablespoons extra-virgin olive oil
1 pound fresh chanterelles
2 tablespoons sherry vinegar
1 tablespoon freshly squeezed lemon juice
1 cup vegetable stock
½ teaspoon finely chopped fresh rosemary
1 teaspoon finely chopped fresh thyme
1 tablespoon chopped flat-leaf parsley
1 tablespoon cold butter
¼ teaspoon kosher salt
Freshly ground pepper, to taste
4 slices toasted sourdough, for serving
4 tablespoons shaved vegetarian Parmesan

PREPARATION

Step 1

Heat your largest fry pan over medium-high heat, and when it is hot, add the olive oil. Once the olive oil is hot, add the chanterelles. Cook for 4 minutes without moving them around too much.

Step 2

Add the sherry vinegar and the lemon juice and cook down until fully reduced. Add the stock and reduce by half (you are not exactly reducing so much as hydrating the mushrooms). Add the rosemary, thyme, parsley and butter. Stir with a wooden spoon to incorporate the butter. Season with salt and pepper.

Step 3

Evenly spoon the chanterelles over the 4 pieces of toasted bread and garnish with shaved Parmesan.

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.