



## ***PlumFresh* Harvest Subscription**

**Season 8, Week 11  
Wednesday August 16, 2023**

Just a quick newsletter this week. One of our employees has been sick so we are a bit short-handed!

Ray and I took a lovely drive up to get peaches at Hill's Orchard in Cana on Monday. When we got peaches from them a few weeks ago, I wanted to know what Cortney's favorite variety was. Without skipping a beat, she replied "Carolina Gold!" She thinks they have the best flavor although she doesn't think they are as pretty as some of their other varieties. I'll definitely agree with her on flavor – it's the peach flavor that I grew up with – but I'm not sure what she means about its appearance. Carolina Gold seems quite beautiful to me! We hope you enjoy them as much as we have! Since the peaches were stored in cold storage after harvest, let them sit out for a couple of days to get their full flavor. As I mentioned the last time we got peaches from Hill's, they are not organic.

Here's what you'll find in this week's bag.

- Beets – *Boro and Touchstone Gold*
- Fingerling Potatoes – *LaRatte*
- Microgreens – *Blaze Mix*
- Onions – *Scout, Expression and Cabernet*
- Tomato Fruit Box – *Mix of cherry and grape tomatoes including Valentine, Red Pearl, Cherry Blossom, Chocolate Drop, Citrine, Jasper, Lollipop, Sweet Golden Grape*
- Peaches – *Carolina Gold from Hill's Orchard in Cana, VA*

### Regular Bags

- Sweet Pepper Mix – *Lunchbox, Lipstick Red, Jimmy Nardello, Marconi, Carmen, Purple Beauty, Sweet Sunrise*

### Add/Sub Items:

- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Eggplant -- *Annina*
- Okra – *Burgundy and Cajun Jewel*
- Potatoes – *German Butterball, Norwiss, Plum Gold*
- Creamer Potatoes
- Shishito Peppers
- Summer Squash -- *Tempest*
- Sunflower Shoots
- Slicer Tomatoes – *Mix of Heirloom and Hyloom 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.
- **Beets and Peppers** store best in plastic bags in the crisper drawer.
- **Fingerling Potatoes** should be stored in a paper bag (not plastic) in a cool, dark place away from onions. Fingerlings are very susceptible to greening so make sure they are in a dark area. Don't store them in the refrigerator!
- **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 2-4 days. Once they are ripe, place them in a plastic bag in the fridge. Use ripe peaches within a week.
- **Onions** store well in a paper bag in a cool dark place with good circulation away from potatoes. Potatoes give off moisture that can cause onions to rot.
- **Microgreens** 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 or drop it off at the compost bins at Cobblestone Farmers Market.
- **Tomatoes** belong on the kitchen counter. 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.

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



## Recipes

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes, plus 15 minutes cooling time

**Total Time:** 35 minutes

### BRINED FINGERLING POTATOES

Recipe from the Tasting Table Test Kitchen

[Brined Fingerling Potatoes Recipe | Tasting Table](#)

*Just simmer the potatoes in an herb-packed brine until they're tender, then store them in the fridge. They'll wait for you there, infused all the way through with that deliciously sweet and savory flavor. Fry eggs and you've got breakfast. Or elevenses. Or dinner. Whenever you're hungry, potatoes are there for you.*

#### INGREDIENTS

- 1½ pounds fingerling potatoes
- 4 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 dried bay leaves
- 1 tablespoon black peppercorns
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- ½ teaspoon red pepper flakes
- 3 teaspoons Diamond Crystal kosher salt or 1½ teaspoons Morton's kosher salt
- 4 cups cold water

#### DIRECTIONS

1. In a medium pot, combine all ingredients and bring to a boil over high heat. Reduce the heat to low and simmer until the potatoes are just tender when pierced with a knife, about 12 minutes. Transfer the potatoes and the cooking liquid to a large metal bowl and nest that bowl in a second, larger, ice-filled bowl until the potato cooking liquid is cool, refreshing the ice as necessary. Once cool, transfer the potatoes and their cooking liquid to the refrigerator. The potatoes will keep for up to 1 week.
2. To serve, remove potatoes from the brine, pat dry, toss with olive oil and roast in a 450° oven until warmed through, about 10 minutes.

## BAKED FINGERLING POTATOES WITH SOUR CREAM BUTTER

Source: Damaris Phillips, Food Network (<http://www.foodnetwork.com/recipes/damaris-phillips/baked-fingerling-potatoes-with-sour-cream-butter-2765704>)

*Cute little mini-taters!*

- 24 medium (2 to 2 1/2-inches long) fingerling potatoes, roughly 1 1/2 to 2 pounds
- 2 tablespoons unrefined coconut oil, melted
- 1 teaspoon lemon zest plus 2 teaspoons lemon juice
- 1 teaspoon freshly ground black pepper, plus more for the sour cream butter
- Kosher salt
- 1 stick (8 tablespoons) unsalted butter, room temperature
- 2 tablespoons sour cream
- 3 tablespoons sustainable caviar (or capers for a vegetarian version)
- 3 tablespoons chopped chives

For the potatoes: Preheat the oven to 425 degrees F. Toss the potatoes with the oil, lemon juice and pepper in a medium bowl; season liberally with salt. Spread the potatoes on a baking sheet and bake until tender and the skins start to loosen from the insides, about 30 minutes.

Meanwhile, combine the butter, sour cream and lemon zest with a wooden spoon. Season with some salt and pepper.

When the potatoes are done, use a fork slice to slice halfway through the potatoes lengthwise, and push the ends together. This will make the insides fluff up. Top each potato with some sour cream butter and a 1/2 teaspoon or so of caviar and chives, and serve hot. (You can also cool the potatoes slightly before topping -- the sour cream butter won't melt. They are delicious both ways!)

Store in the refrigerator for one week.  
This is a great dish to freeze and enjoy during those winter months

## BEAR CREEK PEACH SALSA

This recipe comes from a farm I follow in northern Michigan. They are fellow garlic farmers!

- 3 - 4 lbs Tomatoes (heirlooms will create a rainbow of color, diced)
- 3 - 5 Peaches (ripe, pitted, and diced)
- 1 medium Sweet Onion (diced)
- 1 - 2 cloves Garlic (minced)
- 1 medium Bell Pepper (diced)
- 1 Jalapeño (remove seeds, diced) optional
- 2 Tbsp Cilantro (minced)
- 1/2 Tbsp Mint (minced)
- 1/2 Tbsp Parsley (minced)
- 1/2 Tbsp Honey
- Juice of 1/2 a Lime
- Salt and Pepper to taste

*Great additions to the basic salsa: blueberries, corn, mango, nectarines, and pineapple*

1. Cut, dice, chop, and prepare tomatoes, peaches, onion, garlic, peppers, and herbs. Toss together in a large mixing bowl. Add salt and pepper at this point, ensuring an even coat over all produce.
2. Pour in honey and lime juice. Mix well.
3. Let stand for at least 30 minutes to encourage all flavors will blend evenly.
4. Enjoy with your favorite tortilla chips, with rice, or on tacos.

## Easy Peach Cobbler

**Yield:** 10 servings

This comes to us from fellow *PlumFresh* member, Concette Grillo Matthews. No pie crust required!

### Ingredients

- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon or nutmeg (optional)

### Preparation

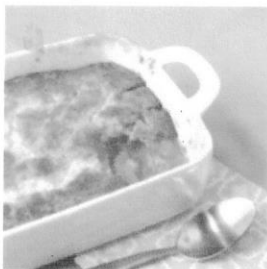
Melt butter in a 13- x 9-inch baking dish.

Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).

Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.

Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.

*Southern Living*



We made this over the weekend and it was delicious! Would recommend omitting the honey and adding more hot pepper. It makes for a great appetizer or for supper with a large salad.

Source: NYT Cooking

## Sheet-Pan Feta With Chickpeas and Tomatoes

By Ali Slagle

Time 40 minutes

Rating 4 ★★★★★ (441)

In a spread of Greek appetizers, or meze, there's often a warm feta dish like bouyiourdi (baked feta with tomato and hot peppers) or a saganaki (fried cheese). This recipe combines elements of these two classic appetizers into a sheet-pan meal. Softened feta provides a salty, creamy counterpoint to sweet, juicy tomatoes and chickpeas that are sticky from honey and spicy from dried chile. Try this version, then riff wildly: Switch out tomatoes for mini peppers, olives, dates or cauliflower. Swap the hot honey for anchovies, harissa, smoked paprika or turmeric. Eat with pita, grains, salad greens, hummus or yogurt.

### Ingredients

#### Yield: 4 servings

3 cups cooked chickpeas (homemade or two 15-ounce cans), drained, rinsed and shaken dry  
2 pints (16 to 20 ounces) cherry or Sungold tomatoes  
1 shallot, thinly sliced  
¼ cup extra-virgin olive oil  
2 tablespoons honey  
1 teaspoon mild chile flakes (like gochugaru) or ½ teaspoon red-pepper flakes  
Kosher salt (such as Diamond Crystal)  
2 (6- to 8-ounce) blocks of feta (see Tip), sliced 1-inch-thick

### Preparation

#### Step 1

Heat the oven to 400 degrees. On a baking sheet, stir together the chickpeas, tomatoes, shallot, olive oil, honey and chile flakes. Season with salt, then spread in an even layer. Arrange the feta among the chickpeas. Roast until the feta and tomatoes are soft and the chickpeas are golden brown, 30 to 35 minutes (no need to stir). Eat right away. (The feta will harden as it cools; reheat leftovers.)

#### Tip

Avoid feta made with cow's milk, which does not have enough fat to withstand roasting.

## GO-TO TOMATO-PASTA BOWL

*This is a favorite dinner here at the farm. Quick, simple and delicious! Fruit tomatoes work very well in this dish – pops of tomato flavor and color. Mix up the varieties! Also, Music garlic would be good too instead of the Red Toch or Inchelium Red. You will probably want to use less since it is raw and Music is a stronger garlic*

Cook up your favorite pasta (a type that will hold sauce – farfalle, rotini, gemelli, etc.). Drain but reserve a small amount of liquid (1/8 cup or less). Return the pasta to the cooking pot (not on the heat) and add the reserved liquid. Mix with about 4 oz of ricotta cheese, halved fruit tomatoes or chunked slicer tomatoes, and 1 or 2 cloves of minced Red Toch or Inchelium Red garlic. Add salt and freshly ground pepper to taste. Serve immediately. Pass Romano cheese at the table. Note: You can add basil, olives or other items to your taste. Mangia bene!