



## ***PlumFresh* Harvest Subscription**

**Season 8, Week 13  
Wednesday, August 30, 2023**

Wow! It's the end of August already. We only have three more months of *PlumFresh* bags this year! It seems like we just started the season, but 13 bags have gone out the farm gate. Boom!

With this week's cooler temps and rain, it definitely has me thinking about fall. The planting of cooler season crops continues and the weather this week has made it more hospitable to transplants than what we've had over the past couple of weeks. You don't want to put a transplant into scorching hot soil because the baby plant and its roots will instantly incinerate! Cooler air temps along with cloud cover and some showers will help the plants get established without frying – especially those we are planting on black landscape fabric.

Coming attractions include arugula, summer spinach, cucumbers, green chile, hot peppers, radishes (salad and Daikon) and sweet potatoes. We planted a LOT of sweet potatoes back in June and they are about a month out. So start getting your tastebuds ready for the plethora of ways to prepare them! They are truly one of my favorite foods!

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

- Garlic – *Farmers Choice*
- Shishito Peppers
- Tomato Fruit Box – *Mix of cherry and grape tomatoes including Valentine, Red Pearl, Cherry Blossom, Chocolate Drop, Citrine, Jasper, Lollipop, Sweet Golden Grape*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Plum Gold Potatoes

### Add/Sub Items:

- Basil – *Prospera Genovese*
- Beets – *Boro and Touchstone Gold*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Creamer Potatoes
- Potatoes – *Fingerling, German Butterball, Nicola, Norwiss*
- Sweet Peppers – *Lunchbox/Picnic Mix*
- Sweet Peppers - *Jimmy Nardello Sweet Italian*
- Sweet Pepper Mix – *Lipstick Red, Marconi, Jupiter, Sweet Banana*
- Spaghetti Squash from Harmony Ridge Farms in Tobaccoville

### Regular Bags

- Celery -- *Tango*
- Eggplant -- *Annina and Rosa Bianca*

## 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.
- To keep **Celery** crisp, wrap in aluminum foil (or use a Debbie Meyers Green bag). Don't put it in a plastic bag, which traps ethylene gas and hastens ripening. To crisp up limp celery, cut into sticks and place in a jar of water for a few hours.
- **Garlic** is best stored in a cool dark place or in a bowl on the counter (away from the sun). Do not store in the refrigerator!
- **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!
- **Tomatoes** belong on the kitchen counter. Do not refrigerate!
- **Beets and Peppers** store best in plastic bags in the crisper drawer.
- **Eggplant** should be stored loose in the middle of your refrigerator – not the crisper. It will keep for 1-2 weeks.
- **Spaghetti Squash** should be stored in a cool, dry, dark place at around 50 degrees. Under the best conditions, they should keep for 3-4 months. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.
- **Basil** should be placed in a jar with water on the counter – like flowers in a vase. Since you have the rootball intact, the basil will last much longer. Do not refrigerate!

## Things to Know + How do I use this stuff?

- **Eggplant** is one of those veggies that folks love or hate. I am definitely in Camp Love – but hey, I get it! Several of my favorite food and cooking blogs have had features on eggplant in recent days. The New York Times “The Veggie” newsletter offered up its Eggplant Extravaganza and several of the recipes below come from that. Love and Lemons also featured a special blog on [15 Easy Eggplant Recipes](#). Check out all of these great resources to take your eggplant from yuck to YUM!
- Fresh farm **celery** has a distinctly stronger taste than the water-based grocery-store varieties. Its stalks are often thinner, concentrating the celery taste into a flavor power-punch. Use these stems and leaves for making soups and stews, homemade broth, or roasted meat dishes.
- Best Uses for Celery include:
  - Raw (veggie platter)
  - Raw dipped in peanut butter
  - DIY broth
  - Stir-fry
  - Soup
  - Casseroles
  - Juicing
  - Stuffing/Dressing
  - Salad
  - Roasted
  - Potato Salad

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



## Recipes

### GRILLED SKIRT STEAK WITH SHISHITOS AND CHARRED LEMON

*The tender beef, spicy shishito peppers, pungent blue cheese and smoky lemon-dressed salad are incredible together. Chef Dave Beran tailor-made the dish to go with peppery Malbec from Argentina.*

© Con Poulos

**Total:** 50 mins

**Yield:** 4

#### Ingredients

##### Steak

- 1/4 cup each rosemary and thyme leaves
- 1/4 cup minced shallot
- 8 garlic cloves
- 6 whole peppercorns
- 1 cup grapeseed oil
- 1 1/2 pounds skirt steak, cut into 2 equal pieces
- Kosher salt
- Pepper

##### Salad

- 4 ounces shishito peppers
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- Pepper
- 1 lemon, halved
- 4 cups frisée (2 1/2 ounces), coarsely torn
- 4 cups watercress (2 ounces), stemmed and coarsely torn
- 1/4 cup chopped mint
- 2 celery ribs, thinly sliced on the diagonal, plus 1/2 cup celery leaves
- 2 ounces Stilton or other blue cheese, crumbled

#### Directions

##### Prepare the steak

1. In a blender, combine all of the ingredients except the steak, salt and pepper. Puree until smooth. Put the steak in a large resealable plastic bag. Pour the marinade over the steak, seal the bag and turn to coat the meat. Refrigerate overnight.
2. Light a grill or preheat a grill pan. Pat the steak dry and season with salt and pepper. Grill over moderate heat until medium-rare, about 3 minutes per side. Transfer the steak to a cutting board and let rest for 10 minutes. Leave the grill on.

##### Make the salad

1. In a bowl, toss the shishitos with 1 tablespoon of the oil and season with salt and pepper. Grill the peppers until lightly charred all over, about 2 minutes. Grill the lemon halves cut side down until lightly charred, 5 minutes.
2. In a bowl, toss the grilled shishitos with the frisée, watercress, mint, celery and leaves and the remaining 2 tablespoons of olive oil. Squeeze 1 tablespoon of juice from a grilled lemon over the salad, season with salt and pepper and toss. Top with the cheese.
3. Thinly slice the steak across the grain. Serve with the salad and grilled lemon halves for squeezing over the steak.

## roasted shishito peppers

Serves: serves 3-4 as an appetizer

### Ingredients

- 2 heaping cups shishito peppers (or padrone peppers)
- drizzle of olive oil
- salt
- toasted sesame seeds

#### sesame peanut sauce:

- ¼ cup creamy peanut butter
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce (to taste)
- juice of 1 lime

#### lemon-basil yogurt:

- ½ cup greek yogurt
- 1 tablespoon olive oil
- big squeeze of lemon
- small handful of basil
- a few chopped chives
- salt & pepper



### Instructions

1. Peanut Sauce: In a small bowl, stir together the ingredients for the peanut sauce. Taste and adjust. Depending on the thickness of your peanut butter, you may have to add a bit of warm water to thin it out.
2. Yogurt Sauce: In a food processor, blend together the ingredients for the yogurt sauce. (alternatively, you can very finely chop your herbs and stir everything together in a bowl).
3. For the Shishitos: Wrap the peppers in foil with a bit of olive oil and salt, and roast in a 450 degree oven for 5-7 minutes. Open the foil, turn the heat up to broil, and continue roasting for another 2 minutes, or until they begin to blacken and blister.
4. Serve hot. Sprinkle with sesame seeds and serve with dipping sauce(s).

### Notes

Find shishito peppers at your farmers market summer through fall, depending on your area. Or at most asian markets.

Both dipping sauces make more than you will use for this amount of peppers. Chill and use later in the week as veggie dips, sandwich spreads, or thin the peanut sauce and toss with noodles.

Recipe by Love and Lemons at <https://www.loveandlemons.com/roasted-shishito-peppers-2/>

## **CELERY, WALNUTS, AND BLUE CHEESE SALAD**

*Adapted from Food.com*

### **Ingredients:**

- 3/4 teaspoon shallot, minced
- 1 tablespoon sherry wine vinegar
- 1/2 cup walnuts
- 1 bunch celery (bottoms and leafy tops trimmed)
- 1/4 cup olive oil
- 3/4 cup blue cheese crumbled
- salt, to taste
- fresh ground pepper, to taste

### **Directions:**

1. Combine shallots and vinegar in small bowl and set aside.
2. Toast walnuts on baking sheet in 350-degree oven for 8-20 minutes or over medium heat for 3-5 minutes in small skillet. When walnuts become fragrant, remove from heat. Do not scorch walnuts. Set aside.
3. Slice celery on bias, making exaggerated V-shaped pieces. Place in large serving bowl.
4. Whisk together shallots, vinegar and oil in small bowl. (Do not add salt and pepper at this time; many blue cheeses are very salty.).
5. Coarsely chop walnuts and add to celery. Add the pear slices.
6. Pour over 1/2 to 2/3 of dressing and toss to coat well. Add more dressing as needed; salad should be moistened, but there shouldn't be leftover dressing in bottom of bowl.
7. Add blue cheese and toss lightly to combine. Taste and add salt, if needed, and pepper to taste.

# Eggplant Dal

By Kay Chun, New York Times Cooking

**Time** 40 minutes

This hearty meal takes flavor inspiration from Indian masoor dal, spiced and creamy red lentils. Here, eggplant pairs with the fragrant spices of dal and brings a silky texture to the final dish. Cumin seeds, coriander, garlic, ginger and fresh chiles are bloomed in ghee to release their fragrant aromas as they toast before they're simmered with lentils and eggplant to form a rich, perfumed stew.

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## INGREDIENTS

**Yield:** 4 servings

¼ cup neutral oil, such as safflower or canola	1 tablespoon minced fresh ginger
1 cup finely chopped yellow onion	1 red or green serrano chile, finely chopped
1 large eggplant (about 1 pound), peeled and cut into ½-inch cubes (about 4 cups)	2 teaspoons cumin seeds
Salt and black pepper	1 teaspoon ground coriander
2 tablespoons ghee	1 medium tomato, cut into ¼-inch pieces
1 tablespoon minced garlic	1 cup red lentils, rinsed
	Chopped cilantro and basmati rice or naan, for serving

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## PREPARATION

1. In a large Dutch oven, heat oil over medium. Add onion and eggplant, and season with salt and pepper. Cook, stirring occasionally, until eggplant is softened and starting to break down, about 8 minutes. Add 2 tablespoons water and stir up the browned bits on the bottom of the pot. Cook until all of the water is absorbed, then transfer eggplant mixture to a bowl.
2. Melt ghee in the pot over medium heat. Add garlic, ginger, chile, cumin seeds and coriander, and stir constantly until fragrant (be careful not to burn), about 30 seconds. Add tomato and cook, stirring occasionally, until completely broken down and lightly caramelized, about 8 minutes. Stir in eggplant mixture.
3. Add lentils and 3 cups water to the pot, and season with salt and pepper. Bring to a boil over high heat, then cover, reduce heat to medium-low and simmer until lentils are tender and mixture is thickened, about 15 minutes. Season with salt and pepper.
4. Divide dal among bowls and garnish with cilantro. Serve with rice or naan.

# Eggplant and Bean Chili

Time 50 minutes Yield: 4 servings

By Kay Chun, New York Times Cooking

*This rich vegetarian chili is made with meaty eggplant, red kidney beans (which create a hearty texture) and lentils (which create creaminess). Caramelized eggplant and sweet carrots simmer in a garlic-infused tomato sauce with classic chili spices until the eggplant breaks down into a saucy, savory ragù. The kidney beans retain some of their bite to balance the silky eggplant. Serve the chili with a toppings bar for a festive spread. Leftovers transform into a terrific meal with pasta the next day, reheated and tossed with spaghetti and grated Parmesan.*

## INGREDIENTS

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| ¼ cup neutral oil, such as safflower or canola                         | 1 teaspoon ground cumin   |
| 1 pound eggplant (1 medium), peeled and cut into ½-inch cubes (6 cups) | ½ teaspoon dried oregano  |
| Kosher salt and black pepper   | 1 (14-ounce) can whole tomatoes and their juices, crushed with your hands               |
| 1 small onion, finely chopped (about 1 cup)                            | 1 (15-ounce) can red kidney beans, rinsed   |
| 2 small carrots, peeled and cut into ¼-inch dice (1 cup)               | 1 (14-ounce) can lentils, rinsed  |
| 2 tablespoons tomato paste   | ¼ cup thinly sliced scallions, plus more for garnish                                    |
| 3 large garlic cloves, minced  | 1 tablespoon lime juice   |
| 1 tablespoon pure chile powder (such as ancho, chipotle or a mix)      | Sour cream, grated Cheddar, sliced jalapeños and tortilla chips, for topping (optional) |
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## PREPARATION

1. In a large Dutch oven, heat 2 tablespoons of the oil over medium. Add eggplant, season with salt and pepper and cook, stirring occasionally, until softened and golden in spots, 5 minutes; transfer to a plate.
2. Reduce heat to medium-low. Add the remaining 2 tablespoons oil, then add the onion and carrots to the pot and season with salt and pepper. Cook, stirring occasionally, until softened, 5 minutes. Add tomato paste and garlic, and cook, stirring occasionally, until tomato paste is lightly caramelized, about 3 minutes. Stir in chile powder, cumin and oregano until well blended.
3. Add tomatoes, kidney beans, lentils, the reserved eggplant and 2 cups of water. Bring to a boil over medium-high heat, stirring to release any browned bits from the bottom of pot. Cover, reduce heat to medium-low and cook, undisturbed, until eggplant is very tender and flavors have melded together, 30 minutes. Uncover and stir, mashing some of the eggplant to create some creamy texture.
4. Stir in the scallions and lime juice; taste and season with salt and pepper. Divide chili among bowls and garnish with more scallions. Finish with any of the optional toppings and serve warm.

## Spicy Chinese Eggplant Stir Fry

- 16 ounces super firm tofu (Trader Joes has a great one)
- 4 tablespoons + 1 teaspoon olive oil, divided
- ¼ cup + 1 tablespoon soy sauce, divided
- 4 teaspoons cornstarch (or arrowroot powder), divided
- 1 long Chinese eggplant
- 1 bunch asparagus
- 1 red pepper
- 2 shallots

- 4 cloves garlic
- 1 serrano pepper or Thai chili
- 1-inch ginger root
- 1 lemon, juiced
- 1 tablespoon maple syrup
- 1 tablespoon sesame oil
- 1 teaspoon sriracha
- ¼ teaspoon ground ginger

Optional: Sesame seeds, Cooked Rice

1. Remove the tofu from the package and dry it with a paper towel or a tea towel. Cut it into cubes and put it in a Ziploc or reusable silicone bag. Add 1 teaspoon olive oil and one tablespoon soy sauce. Shake the bag to coat the tofu, then add 2 teaspoons cornstarch and shake again.
2. Add 1 tablespoon oil to a non-stick frying pan, bring the heat to medium, and drop in the tofu. Let it cook undisturbed for 10 minutes, then flip each cube over and cook for 10 more minutes. (Alternatively, you can cook the tofu in the air fryer for 15 minutes at 400 F) Remove it from the pan.
3. Chop the eggplant and asparagus. Slice the red pepper. Dice the shallots, garlic, and pepper, and grate the ginger.
4. Add another tablespoon oil to the pan you cooked the tofu in then add the shallots, garlic, and pepper. Saute for 5 minutes before adding the eggplant, asparagus, red pepper, and ginger. Sauté on medium for 10 minutes.
5. While that's cooking, combine ¼ cup soy sauce, 2 tablespoons olive oil, lemon juice, maple syrup, sesame oil, sriracha, and ground ginger in a small bowl. Dissolve the remaining cornstarch in a small amount of hot water, then add it to the bowl,
6. When the vegetables are done, add the tofu and sauce to the pan. Mix well. The spicy Chinese eggplant stir fry is ready to serve.