



PlumFresh Harvest Subscription

Season 8, Week 20
Wednesday, October 25, 2023

This week's bag is full of some Fall favorites – as well as a few Summer ones too. Stayman apples, Roasted Green Chile and collards are definitely tastes of Fall and you'll find some great ways to make the most of these flavors below. Believe it or not, our tomato production has been increasing! It's hard to believe but it speaks to the power of high tunnels for protecting cold-sensitive crops. We have taken out the fruit tomatoes in the field because they looked terrible and were hardly producing but the tunnel crops of both slicers and fruits continue to amaze us. We hope you enjoy every bite of these tomatoes – it will be a l-o-n-g time from December to May!

SCHEDULE ALERT! We wanted to give you a heads up on our schedule for the remainder of the season. There are only **THREE** more bags after today's. As a reminder, we won't have a bag on November 8th because of our Organic Inspection, but we will have bags on November 1st, 15th and 21st (which is our Thanksgiving bag and is a Tuesday – more details on this soon).

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

- Stayman Apples from Dawson's Orchard in Ararat, VA
- Collards from Felsbeck Farm
- Fire Roasted Green Chile – *Joe E. Parker (Mild) and Big Jim (Medium)*
- Potatoes – *German Butterball*
- Tomato Mix – Slicers and Fruits
- Tokyo Bekana

Regular Bags Only

- Snacking Cucumbers – *Picolino*
- Eggplant – *Annina and Rosa Bianca*
- Herb: Cilantro OR Italian Parsley

Add/Sub Items:

- Basil – *Prospera Genovese*
- Celery -- *Tango*
- Escarole -- *Eros*
- Garlic Granules and Powder -- *Lorz Italian*
- Poblano Chile Peppers -- *Bastan*
- Hot Peppers – *Early Jalapeño, Serrano*
- Shishito Peppers
- Summer Squash – *Pattypan and Zucchini*
- Sweet Peppers – *Jimmy Nardello*
- Sweet Peppers - Green – *Jupiter*
- Sweet Pepper Mix – *Lipstick, Purple Beauty, Truhart NR, Marconi*
- Sweet Potatoes – *NC-122*
- Winter Squash – *Delicata* from M & M Plant Farms

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.
- **Store apples** in the refrigerator in a plastic bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Tokyo Bekana, Escarole, and Celery** should be stored in a plastic bag in the crisper section of your refrigerator.
- **Snacking Cucumbers** should be stored in a plastic bag in the crisper drawer.
- **Potatoes** should be kept in a cool, dry, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.
- Keep the **Roasted Green Chile** frozen until ready to use.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- Wrap unwashed **Eggplant** in a towel (not plastic) to absorb any moisture and keep it in the veggie drawer of your refrigerator. Or store unrefrigerated at a cool room temperature. Use within a week and it should still be fresh and mild.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Delicata Winter Squash** should be stored in a cool, dry, dark place at around 50 degrees, but make sure they do not freeze. Under the best conditions, they should keep for 3-4 months. And they get sweeter in storage as the starch converts to sugar. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.
- **Sweet Potatoes** should be stored in a cool, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.

Things to know + How do I use this stuff?

- Our green chile is roasted in our New Mexico style chile roaster. After living in Albuquerque for almost 20 years, we knew when we moved back to the farm that we'd have to grow green chile. While we are not true Chile Heads, we do love red and green chile that has flavor – not just heat. Starting in August, it seemed like every street corner all across the state had a roaster set up. And the aroma of the chile was intoxicating. We wanted to try to replicate that here with our own little roaster.
- Our first couple of years growing it weren't very successful, but we've gotten the hang of it and have found some varieties that work. Since our climate is so different than NM, it makes it a bit more challenging – increased rainfall can result in chile that tastes washed out. Given what we've experienced from this year's crop, that's not the case! We hope you enjoy this little taste of Nuevo Mexico!
- The **apples** in this week's bag are **Stayman** and they come to us from Randall Dawson, a collaborator of Frank Levering in Ararat, Virginia. Stayman apples are a connoisseur's delight. Their distinctive sweet-tart flavor, snappy bite, satisfying texture and crimson color have made them a favorite since their discovery by Dr. Stayman in 1866. It is an ideal, all-purpose apple. As a snack, it gets high praise for its robust taste and firm, crisp flesh. The Stayman's large conical shape holds up well under heat, making it perfect for baking and cooking.
- Don't forget that the **apples** are low-spray – they have only been sprayed a few times the entire growing season – unlike most orchards which spray 12-15 times. It's true that they aren't organic – but there are far fewer chemicals than you'll find in any local commercial orchard.

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



Recipes

This is the stew that we always make at our member potlucks and people rave about it! It is super simple and has great flavor. We hope you enjoy it!

ROASTED GREEN CHILE STEW

Roast green chile under a broiler or on a grill until skin is blistered. Put into a zip bag and let steam for approximately 1 hour. Peel the skin. Cut the stem end off and remove the seeds and veins (leave if more heat is desired.) Chop chile (can be used for quesadillas, pizza, eggs, queso, etc.).

- 5-8 cloves of garlic, chopped
- 3 medium onions, chopped
- 2 T. Chicken or veggie bouillon
- 4 potatoes, chopped
- Green chile, as prepared above

Sauté garlic and onion in olive oil until soft. Add 2 quarts of water and bouillon. Simmer for 20 minutes. Add potatoes and chile. Cook until potatoes are soft. Add additional water (and extra bouillon) if necessary. Serve hot with grated Monterey jack or cheddar cheese, if desired.

Variations:

- Stew can be made with chicken or pork and stock.
- Add cannellini beans.
- Serve with veggie chicken strips (Morningstar “Chik’n Strips” or Quorn)

TORTILLA ESPAÑOLA

This recipe comes from our friends from Piemonte Provisions (and our next-door neighbors!) Sandra Sarlinga and Fabian Lujan. They are from Argentina. This is their version of Tortilla Española, a staple in Spanish cooking and tapas culture. Some people cut the potatoes in thin slices, others shred cooked potatoes. Shredded potatoes are the traditional approach for Argentinian tables. This is typically a side dish for lunch or dinner but Sandra thinks that for American cooking it might be more of a brunch item rather than a meal.

Ingredients

- 1/2 cup olive oil
- 2 pounds baking potatoes, peeled and cubed
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 5 eggs
- 3 ounces bacon chopped (optional)
- ½ cup of shredded parmesan cheese (optional)
- 1 tablespoon chopped fresh Italian parsley

Directions

1. Heat 1/2 cup olive oil in a large skillet over medium-low heat. Add half of the potato slices, and cook, stirring occasionally, until just tender, around 15 minutes. When done, remove potatoes to a large bowl, leaving oil in the skillet. Cook the remaining potatoes in the oil until tender, then add to the bowl. Gently toss potatoes with salt and pepper to taste. Reserve the oil in the skillet.
2. Meanwhile, heat 2 tablespoons olive oil in a skillet over medium heat. Stir in onions, and chopped bacon, gently cook until golden brown.
3. Whisk eggs in a large bowl until smooth. Add to the eggs salt and pepper to taste, add ½ cup of shredded parmesan cheese. Stir in cooled onions, chopped parsley and bacon. Gently fold in cooked potatoes.
4. Heat the skillet with the reserved oil over low heat. Pour in the egg mixture, and gently cook until the sides have started to set, and the bottom has turned golden brown, 8 to 10 minutes. Loosen the tortilla with a spatula if needed, then carefully slide onto a large plate. Turn the skillet upside down and place onto the uncooked side of the tortilla. Turn the skillet right-side-up and remove the plate. Return the skillet to the stove and continue cooking until the tortilla has set in the center, about 4 minutes.
5. Slide the tortilla onto a serving plate and allow to cool to room temperature or serve right away.

NOTES: Green chile will be a great addition to this! Add ¼-1/2 cup chopped green chile (roasted) before pouring on the eggs.

GREEK LEMON POTATOES

Source: <https://www.thekitchn.com/greek-lemon-potatoes-recipe-23088983>

I saw a post of this dish on Instagram and knew that I had to get the recipe. Although this calls for Yukon Gold potatoes, the Creamer Potatoes or German Butterball will fit the bill VERY nicely! Here's to giving it a whirl!

Serves 6 to 8

PREP TIME 10 minutes

COOK TIME 1 hour 15 minutes to 1 hour 20 minutes

INGREDIENTS

- Cooking spray
 - 4 cloves garlic
 - 1/2 cup freshly squeezed lemon juice
 - 1/3 cup olive oil, preferably Greek
 - 1/4 cup yellow mustard
 - 2 teaspoons dried oregano
 - 1 teaspoon kosher salt
 - Freshly ground black pepper
 - 2 pounds Yukon Gold potatoes
 - 1/2 cup water
1. Arrange a rack in the middle of the oven and heat the oven to 425°F. Coat a 9x13-inch baking dish with cooking spray.
 2. Coarsely chop 4 garlic cloves and place in a large bowl. Add 1/2 cup lemon juice, 1/3 cup olive oil, 1/4 cup yellow mustard, 2 teaspoons dried oregano, 1 teaspoon kosher salt, and several grinds of black pepper, and whisk to combine.
 3. Cut 2 pounds Yukon Gold potatoes into 1-inch thick wedges, add to the bowl, and toss to combine. Pour everything into the baking dish and spread into an even layer. Pour 1/2 cup water over the potatoes. Cover the baking dish tightly with aluminum foil.
 4. Bake until the potatoes are fork tender, about 1 hour. Uncover and bake until the liquid is evaporated, and the potatoes begin to brown, 15 to 20 minutes more.

TANGY CUCUMBER SALAD

Source: [The Kitchn](#), Sheela Prakash

Yield: Serves 4 to 6 as a side dish

Prep Time: 5 minutes

When you crave a light side dish that won't weigh down the rest of your dinner but still has enough punch to stand out on its own, make this salad. Quick-pickling the cucumbers with cider vinegar and a little sugar gives them the vibrancy they're all too often missing. Tossed with nothing more than a little olive oil, salt, pepper, and lots of chopped fresh chives, the cucumber slices transform into a simple salad that's the perfect counterpart for grilled meat or fish.

Ingredients

- 1/4 cup apple cider vinegar
 - 2 tablespoons olive oil
 - 2 teaspoons granulated sugar
 - 1 teaspoon kosher salt, plus more as needed
 - Freshly ground black pepper
 - 2 pounds cucumbers (about 4 medium)
 - 2 tablespoons finely chopped fresh chives
1. Place the vinegar, oil, sugar, salt, and a few grinds of pepper in a large bowl and whisk to combine. Thinly slice the cucumbers crosswise. Place them in the bowl, add the chives, and toss to combine.
 2. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to meld. Taste and season with salt and pepper as needed before serving.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Source: Ellie Krieger in the
Washington Post

[Walnut and Date-Stuffed Baked Apples - The Washington Post](#)

Walnut and Date-Stuffed Baked Apples

NOURISH OCT 15, 2020

This new spin on the homey, old-fashioned dessert has much less added sugar than the traditional version, with just a little maple syrup drizzled on top, and a walnut filling sweetened with finely chopped dates. The dried fruit melds in seamlessly with cooking so you don't even realize it's there — you just get its sweet essence punctuated with the aroma of cinnamon, nutmeg and cloves.

Storage Notes: Leftover baked apples can be refrigerated in an airtight container for up to 3 days.

SERVINGS:

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

Tested size: 4 servings

INGREDIENTS

- 1/2 cup (2 ounces) walnut pieces
- 4 large cooking apples (about 2 pounds total), such as Rome, Cortland, Gala or Braeburn
- 3 tablespoons finely chopped pitted dates
- 4 tablespoons maple syrup, divided
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 pinch kosher salt
- 1/2 cup unsweetened apple juice

DIRECTIONS

Position a baking rack in the middle of the oven and preheat to 350 degrees.

Place the walnuts on a small, rimmed baking sheet and toast until fragrant and slightly darkened, about 5 minutes. Transfer the nuts to a cutting board, let cool, then finely chop.

Core the apples, leaving their bottoms intact. (Use a melon baller to scoop out the core, but not all the way through.) Place the apples upright into a rimmed baking dish just wide enough for the apples to snugly fit, such as an 8-inch square baking pan.

In a medium bowl, combine the walnuts, dates, 2 tablespoons maple syrup, the cinnamon, nutmeg, cloves and salt. In a small bowl, stir together the apple juice with the remaining 2 tablespoons maple syrup. Stuff the center of each apple with the walnut-date mixture, then pour the apple juice around the apples. Cover the pan with aluminum foil and bake for 50 minutes to 1 hour, or until the apples are tender.

Serve hot or cold, drizzled with the pan juices.

STEAMED COLLARDS WITH LIME-PEANUT SAUCE

Source: Linda Watson in the blog, *Cook for Good* (<http://cookforgood.com/recipe/steamed-collards-with-lime-peanut-sauce.html>)

20 min Total Time
Yields 4 servings

This sauce is SO good and works with lots of different veggies, but it is simply amazing with collards. Make extra sauce for other dishes- slaw, salad dressing.

- 2 cloves garlic
- 3/4 lb. fresh collards [NOTE: You have 1 pound]
- 1 teaspoon grated fresh ginger (or 1/2 teaspoons dried ginger in a pinch)
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1/8 teaspoon chipotle powder

1. Mince garlic and put into a small bowl. Rinse collards well.
2. Set up a steamer: Put about an inch of water in a large pot, add a steamer basket, and cover the pot. Heat steamer over high heat until water starts to boil, then turn temperature down to low so water barely boils.
3. Cut or tear collard leaves away from the center stems. Cut off the bottom of each stem, then cut stems into quarter-inch lengths. Add stems to steamer basket and cook for about four minutes.
4. Cut collard leaves into ribbons about two inches by one-quarter inch. Add collard leaves to steamer and cook until tender, about five minutes.
5. Add remaining ingredients to bowl with garlic and stir to mix. When collards are tender, transfer them to a serving bowl, top with lime-peanut sauce, and stir to mix.
6. Serve hot or at room temperature. Refrigerate any extra and reheat briefly before serving.

Recipe tips and notes

- Because you stir in the sauce after steaming the collards, you have a chance to adjust the heat level to suit everyone. Delay adding the chipotle and stir the mild but still flavorful sauce into some of the greens for heat-adverse diners, then stir chipotle into the remaining sauce. You can also serve plain steamed collards and pass the sauce separately.

MORE COLLARD IDEAS

- Boiled or pan-steamed greens are tasty seasoned with onion, garlic, and plenty of chopped fresh herbs such as mint, dill, and basil.
- Sauté collards with tofu, garlic, and red pepper flakes for a quick, nutritious, vegetarian meal.
- Serve collards with beans—especially black-eyed peas. An avant-garde approach to spring rolls and sushi: cooked collard greens with black-eyed peas and brown rice.
- Add chopped collards to soups and stews.
- These greens go especially well with ham, bacon, and pork fatback. Sauté chopped greens with a little bacon fat or a hunk of salt pork, sugar, and pepper. Splash liberally with hot pepper vinegar just before serving.
- The liquid left after slow-cooking collards with pork is extremely nutritious and delicious—it's the famed "pot liquor." Drink this broth on its own as a savory soup or use it as you would vegetable stock.
- Try a vegetarian stew of collard greens, cabbage, sweet bell peppers, garlic, onions, mushrooms, tomatoes, and hot red peppers, seasoned with molasses, vinegar, and seasoned salt.
- Collards work well in most recipes calling for kale.

Crispy Tokyo Bekana Salad

One head or bunch of Tokyo Bekana [this salad can also be made with Bok Choi or Napa cabbage, but Tokyo Bekana is tenderer]

Cilantro to taste

Green onions (scallions) to taste

2 tablespoons red wine vinegar

1 tablespoon rice vinegar

1 tablespoon soy sauce

1/2 teaspoon sesame oil

2 tablespoons canola oil

1 1/2 teaspoon agave syrup or honey

1 teaspoon canola or other mild oil

1 bag ramen noodles (use only the noodles, not the flavor packet)

1/3 cup slivered almonds

To prepare greens, cut the very end of the stems off the Tokyo Bekana stalks. Coarsely chop remaining leaves & stems into 1/2-inch pieces. Chop up the scallions and cilantro and add to the Tokyo Bekana (use as much or little scallion and cilantro as suits your taste).

Mix together all the dressing ingredients in a jar or bottle and shake well (shake again before using).

To prepare the "crunch", lay the unopened bag of ramen noodles on the counter and break them up until they're fully crushed. Heat a skillet over medium-low heat and add 1 teaspoon canola oil. When hot, pour in the noodles (discarding flavor packet) and the almonds. Stirring occasionally, cook till the noodles are golden brown. Combine everything in salad bowl, toss, & enjoy! Serves 2 -4