



PlumFresh Harvest Subscription

Season 6, Week 14
Saturday, August 21, 2021

Weather Report: Fred brought us a LOT of rain since Saturday – about 4.5 inches! The good news is that we were spared a tornado here – we were under an advisory until 4 a.m. Wednesday. Those advisories really make us nervous when there is so much plastic up in the air -- high tunnels and greenhouses don't fare too well in tornados. But the good news is that the sun came out and we may be clear of rain for a couple days – hooray!

In the “Timing is Everything” category, since the real deluge didn't come until later in the day on Monday, we were about to get some planting and bed prep done. Carrots and snow peas are planted, and the bed is ready for beets. Fall crops are on the way!

And, speaking of Fall Crops, if you'd like to have some cool weather veggies in your home garden, we are having our **Fall Plant Sale on Sunday, September 5**. Pre-ordering will be available for *PlumFresh* members. We'll have kale, lettuce, cabbage, broccoli and more!

A delicious treat in your bag this week is goat cheese from our dear friends at Buffalo Creek Farm and Creamery in Germanton. Several of you pick up your bags there each week so they are a special partner in *PlumFresh*. We have known Robin and Johnny Blakely since we began selling with them at Krankies Farmers Market (now known as Cobblestone) in 2010. They were just beginning to get their goat dairy going and were only selling goat's milk soap at market. They obtained their Grade B Goat Dairy license in 2012 and began selling goat's milk cheeses. Several of their cheeses have won awards at the NC State Fair and in other competitions. The Queso Fresco cheese that you are receiving is a great cheese for the summer since it is a lighter, less salty feta. It can be sliced or crumbled, and it complements a variety of dishes such as traditional Mexican fare as well as salads and grilled veggies. We love their cheese and hope you enjoy it too!

Don't forget! **No bag next week, August 28.**

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

- Bintje Potatoes
- Farmers Choice: Cantaloupe (*Sarah's Choice – the greenish one or Divergent – the more traditional looking one*) OR Watermelon (*Sugar Baby*)
- Okra – *Burgundy and Cajun Jewel*
- Shishito Peppers
- Tomatoes – *Big Beef* from Felsbeck Farm
- Queso Fresco Goat Cheese from Buffalo Creek Farm and Creamery
- Add-ons: Green Chile – Medium is *Big Jim* and Hot is *Hatch Doublecross*

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.
- Cantaloupes have been sanitized but still should be washed before cutting. The Watermelon has not been sanitized and needs to be washed as well before cutting.
- **Tomatoes** belong on the counter – refrigeration diminishes their flavor.
- **Shishito peppers and okra** should be stored in a plastic bag in the refrigerator. .
- **Potatoes** should be stored in a PAPER BAG (we had to pack them in plastic because they weren't drying after they were washed). Put them in a cool, dark place and don't store in the refrigerator or in a plastic bag.
- **Keep the cheese refrigerated.**

Things to know + How do I use this stuff?

- **Shishito Peppers** are an incredible appetizer pepper – I have heard them described as addictive. You think you are going to eat just a couple and before you know it, you've eaten half of the pan and want more! Check out the tips below on preparing your shishitos.
- **Okra** really does not have to be slimy and awful. Have you ever eaten okra raw? Try it as a component of a crudité platter – especially the burgundy. It's crunchy and not slimy at all! The slime factor really comes out when okra is boiled and cooked for long periods of time. In fact, it is used as a thickening agent for many Creole dishes. But it DOES NOT have to be slimy! Try roasting it on a cookie sheet (450 oven). Spray the sheet with olive oil spray, spread out the okra (I like to eat it whole or you can slice it into 2" pieces), spray some more olive oil on top, sprinkle with salt and bake for about 20 minutes, flipping once. Yum! It's also great grilled! High heat seems to be the magic move to keep down the okra slime! Try the recipe for okra on reverse – a new perspective on an old Southern treat.

We hope you enjoy this week's adventure in fresh, Organic and local food! See you in September!



Recipes

In case you missed it before....

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 had a post just today 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 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.

GRILLED OKRA WITH SPICED YOGURT, PEANUTS AND MINT

Source: Steve Satterfield featured in the Wall Street Journal, July 17, 2017

(<https://www.wsj.com/articles/grilled-okra-with-spiced-yogurt-peanuts-and-mint-20-minute-recipe-1500561110>)

TOTAL TIME: 20 minutes
SERVES: 4

- 1 cup whole Greek yogurt
 - 1 large garlic clove
 - 1 lemon
 - 1 teaspoon cumin seeds, toasted and coarsely smashed
 - 1 teaspoon coriander seeds, toasted and coarsely smashed
 - 1 teaspoon pepper flakes
 - Kosher salt
 - 1 pound fresh okra
 - 3 tablespoons olive or peanut oil, plus more for drizzling
 - ~1 cup roughly chopped dry-roasted peanuts
 - ~1 cup torn fresh mint
1. Submerge several 6-inch wooden skewers in water to soak. Preheat a grill.
 2. Place yogurt in a medium bowl. Use a fine grater to grate garlic and lemon zest over yogurt. Halve lemon and squeeze one half into yogurt. Add cumin, coriander, red pepper flakes and season with salt and more lemon juice, if needed. Stir to combine and refrigerate until ready to use.
 3. Thread a skewer through 4-6 okra pods just below caps. Thread a second skewer through the same pods, about 1/2 inch from the tapered tips, creating a secure plank of skewered pods. Repeat with remaining skewers and okra, leaving about 1 inch of bare skewer at each end.
 4. Brush both sides of okra with oil and sprinkle with salt. Place okra skewers on hot grill and cook until okra begins to char, about 2 minutes. Flip and grill opposite side until charred, about 2 minutes more. Transfer grilled okra to a platter and discard skewers.
 5. To serve, spread yogurt sauce over a serving platter or individual plates. Drizzle with oil and top with okra. Garnish with peanuts and mint.

CANTALOUPE AND LIME AGUA FRESCA (GLUTEN FREE & VEGAN)

Source: This Mess Is Ours [Cantaloupe and Lime Agua Fresca](#) | [This Mess is Ours](#)

Prep Time: 20 mins
Total Time: 20 mins
Yield: 6 1/2-7 cups

This recipe comes from PlumFresh member Claudette. She made this the last time we had cantaloupe and said that they really liked it. Enjoy!

- 4 cups filtered water, divided
- 1/2 cup raw or coconut sugar
- 3 cups seeded, peeled, and diced cantaloupe
- 1/4 cup freshly squeezed lime juice
- generous pinch of salt
- Garnish
- cantaloupe spears
- lime wheels

INSTRUCTIONS

1. Make a simple syrup: In a small saucepan combine 1 cup water and the sugar. Bring to a boil, stirring, until sugar has dissolved. Allow to cool.
2. Make the agua fresca: Blend the diced cantaloupe and 1 1/2 cups water in a high-speed blender until completely smooth. If you don't have a high-speed blender you might need to strain the cantaloupe through a sieve to remove solids. Transfer to a large pitcher.
3. Add the lime juice, an additional 1 1/2 cups water, the cooled simple syrup, and salt to the cantaloupe puree in the pitcher. Stir well to mix. Chill in the refrigerator for at least a few hours.
4. Serve over ice with lime wheels and cantaloupe spears in the glasses.

NOTES

For a more intense lime flavor add 3 or 4 of the juiced lime rinds to the agua fresca during the chill time. Just be sure to remove them after a few hours or they will overpower the cantaloupe flavor.

TORTILLA ESPAÑOLA

This recipe comes from our friends from Piemonte Kitchen and Garden, Sandra Sarlinga and Fabian Lujan. They are originally 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 an entire meal.

Ingredients

- 1/2 cup olive oil
- 2 pounds baking potatoes, peeled and cubed (the Bintje potatoes in this week's bag work great!)
- 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.

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 bouillon)
- 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.

CANTALOUPE SALSA

Source: Smitten Kitchen adapted from [Gourmet cantaloupe salsa – smitten kitchen](#)

Makes about 2 cups of salsa

Author note: This would be great over grilled fish or chicken, not that ours ever got that far. It is equally good with tortilla chips. It occurred to me after the fact that this would be fun with a mix of honeydew and cantaloupe, for color and a bigger range of flavors.

- 2 cups diced (1/4 inch) cantaloupe (from a 2 1/4-lb piece)
- 1/4 cup diced (1/4 inch) sweet onion (such as Vidalia) or red onion
- 2 tablespoons chopped fresh basil or cilantro
- 1 (2-inch-long) fresh hot red or green chile (skip the seeds if you want to dim the heat), minced
- 2 tablespoons fresh lime juice
- 1/4 teaspoon salt

Mix everything and eat immediately.