

In The Kitchen



Fall Share – Week 1 | September 12th, 2021

Beets

Golden

Though rather sparse, we are finally harvesting golden beets. Store and keep these as you would red – removing the greens immediately (leaving about 1-inch of the stem) to prevent moisture loss and storing in the fridge. Wash just before cooking. Peel after they're cooked.

Blackberries

Non-OG Blackberries -
via Champaign Berry
Farm in Urbana, Ohio

I was happy to learn Champaign Berry Farm's blackberries continued yet this week so we could include it in our first Fall Share bags!

Fresh **berries** are highly perishable and should be handled with care. They are best eaten right away. Store them uncovered in the coldest part of the fridge. Do not wash them until ready to use.

Bunching Onions

Heirloom Evergreen
and He Shi Ko – a
Japanese Heirloom

Usually left to winter over for next spring, we're harvesting just a few stalks this fall to test for quality and favor at a fall harvest. **We would love your feedback on this variety – He Shi Ko we've included in this week's Fall Share.**

Place in a jar filled with an inch or two of water. Stand onions in the jar, cover the whole thing with a plastic bag, and keep it in the fridge. Stored this way, they stay crisp for about a week.

Cucumber

Marketmore 76

Only a few left and hanging on so enjoy before they're soon gone!

For longer storage – up to a week – wrap them in a moist towel and keep in the fridge. If eating them within a day or two, they should be fine left out on the counter in a dark, cool area.

Kale

Nero Di Toscana
Cabbage – an Italian
Heirloom (a.k.a.
Dinosaur or Tuscan
Kale)

Kale stores best when washed and thoroughly dried first. Keep in the fridge wrapped in damp paper towels in a reusable storage container. For leaves with tough stalks, remove them and use in stocks or simply sauté with your favorite stir fry or garlic and butter to add over potatoes.

Peppers

California Wonders
& Sweet Banana

All types of peppers should be stored the same - in a reusable container in the fridge. Wash just before using. The seeds and ribs inside hot peppers are what give them their fiery spice. Wash hands thoroughly, or use gloves when preparing hot peppers.

Tomatoes

Heirloom & Specialty
Cherry: Artisan Purple,
Sunrise & Pink Bumble
Bee, Artisan Blush,
White Cherry

The tomato harvest is slowing down, but very happy to still be harvesting our cherry varieties. I hope you've enjoyed the many varieties we've grown and harvested this season!

When cooking, know that salt enhances a tomato's sweetness and acidity. Enjoy!

Sweet Potatoes

Heirloom Envy and
Garnet

We grew two varieties this year: Garnet (red-ish skin) and Heirloom Envy (light salmon skin). Both varieties are known for their moist, bold flavors when baking or roasting. **We'd love to hear your feedback on the varieties!**

Store in a cool, dark, well-ventilated place. Never refrigerate - sweet potatoes don't like the cold. Lasts up to 3 weeks if stored properly.

Sweet Potatoes, Blackberries & Golden Beets!

Sweet Potato Breakfast Hash

By Lisa Bryan

Serves 4



Ingredients

- 4 slices bacon, cut into ½ thick pieces
- 1 small onion, diced
- 1 large sweet potato, peeled and diced into ½ inch cubes (approx. 4 cups)
- 2 cups kale leaves, roughly chopped
- ¼ t cumin
- ¼ t garlic powder
- ¼ t paprika
- salt and pepper to taste
- 4 eggs
- 1-2 green (bunching) onions, sliced

1) Heat a large saute pan on medium heat. Add the bacon and saute until golden and crispy. Use a slotted spoon to remove the bacon to a paper towel or small bowl.

2) Add the diced onion and red bell pepper to the pan and saute for one minute to soften.

3) Add the diced sweet potato and spices to the pan. Cook the sweet potato for 10-12 minutes, stirring often. Place a lid on the pan for the last 5 minutes to soften the sweet potato until fork tender.

4) Add the bacon back into the pan along with the kale and stir for an additional 1-2 minutes or until the kale is wilted.

5) Use a spatula to create 4 wells in the hash. Crack an egg into each well and cook until the eggs are done to your liking. You can add a lid to the pan to cook the eggs through faster.

6) Remove the breakfast hash from the heat. Season with salt and pepper and top with sliced green onion. Serve immediately.

Seared Salmon Salad with Beets & Blackberries

By Julia Levy



Ingredients

- 3 T olive oil, divided
- 4 (6-oz.) salmon fillets
- ¾ t kosher salt, divided
- ½ t black pepper, divided
- 2 golden beets, peeled and cut into ½ in. wedges
- ¼ cup water
- 1 T white balsamic vinegar
- ½ t grated lime rind
- 2 t fresh lime juice
- 1 (5-oz) mixed baby greens
- 1 cup fresh blackberries
- ¼ cup torn fresh mint

Instructions

1) Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium. Sprinkle fillets with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add fillets, skin side down, to pan; cook 4 minutes on each side or until done. Remove from pan.

2) Place beets and 1/4 cup water in a microwave-safe bowl; cover with plastic wrap. Microwave at HIGH 6 minutes or until tender. Drain.

3) Whisk together remaining 2 1/2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, vinegar, rind, and juice in a small bowl. Combine beets, greens, blackberries, and mint in a large bowl. Add vinegar mixture; toss. Place 2 cups salad on each of 4 plates; top each serving with 1 fillet.

Blackberry Bourbon Collins

Yield: 2 cocktails

For the Cocktail

- 8 blackberries
- 3 ounces bourbon
- 1 ½ ounces fresh lemon juice
- 1 ½ ounces simple syrup

For Garnish

- Whole Blackberries & Lemon slices
- 3 – 4 ounces chilled club soda



Instructions

1. In a cocktail shaker, muddle 3 blackberries. Fill the shaker with ice and add the bourbon, lemon juice, and simple syrup and shake well.
2. Strain into a chilled, ice-filled Collins glass. Top with club soda, stir gently and garnish with a lemon slice and blackberry.

Thank you for being our farm member!