



## *PlumFresh* Harvest Subscription

Season 6, Week 16  
Wednesday, September 29, 2021

September is exiting in a beautiful way, don't you think? Gorgeous sunshine and pleasant temps have made working this week a real pleasure! We are continuing work on getting our strawberry and garlic fields ready for planting as well as a field for brassicas of every type. Cucumbers will also be planted this week – you should be munching on snacking cucumbers in November!

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

- Sweet Potatoes – *Burgundy*
- Basil -- *Genovese*
- Okra – *Burgundy and Cajun Jewel* OR Eggplant – *Ping Tung Long, Listada di Gandia, Rosa Bianca, Little Finger, Early Black Egg*
- Tomatoes – *Moskovich, Martha Washington, Ken's New Zealand, Brandywine, Bolseno*
- Microgreens – *Confetti Mix (mildly spicy blend of green and purple radish)*
- Sweet Peppers – Mostly *Lunchbox (Orange and Red)*, along with some *Lipstick, Purple Beauty, Ashe County Pimento, Jupiter, Trueheart*
- Farmers Choice – Fruit: Apples from Levering Orchard – *Mutsu and Spartan* OR Muscadine/Scuppernong Grapes

### 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.
- Keep **sweet potatoes** in a cool, dark, place, such as a loosely closed paper bag in a cupboard and use them within a few weeks. Do not store sweet potatoes in the refrigerator. Cold temperatures can darken the potatoes and will adversely affect their taste.
- **Muscadines/Scuppernongs, Okra, Eggplant and Sweet Peppers** should be stored in plastic bags in the refrigerator.
- **Store apples** in the refrigerator in a plastic or paper bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Tomatoes** belong on the counter. The best way to store them is stem end down.
- **Keep the basil** in a jar with about 2 inches of water. Do not refrigerate!
- **Microgreens** can be kept in their box for at least a week in the fridge. Make sure to wash and spin them dry before use!

**Things to know + How do I use this stuff? – For those of you what didn't get a bag last week.....**

- We are SO excited to bring you some delicious apples from [Levering Orchard](#) in Ararat, Virginia. This 113-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees. A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. These apples were last sprayed about a month ago. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprays only 3 times in the season. His apples have a few more spots and cosmetic blemishes than your grocery store varieties but you can feel better about eating less chemicals. The apples are truly delicious! We hope to be getting apples from Levering two more times this fall.
- The two varieties of apples in this week's bag are Mutsu and Spartan. "Mutsu" is the Japanese word for an apple variety (originating in Japan) that just might be the greatest apple variety in the world, according to Frank. The Mutsu apple grows spectacularly large, is a beautiful green-gold, has a scrumptious, dense crispness and well-balanced flavor, and will store for months in a cool place after you take it home. It's just a sensational apple! Most supermarkets don't carry it because supermarkets don't want to sell an apple this big. "Spartan" is a Macintosh-cross variety that wins new fans every year for its not-too-sweet, not-too-tart balance and juicy crispness. Spartan won the apple taste-off at the Blacksburg Farmers Market a couple of years ago – and after eating one, we know why! Both varieties are terrific for eating out of hand and for cooking. Do we see pie in your future?
- The **muscadine and scuppernong grapes** are another heirloom fruit that Cheryl's Daddy planted many years ago. Muscadines are the purple ones and scuppernongs are the lighter colored, "champagne" ones. Muscadines are earlier than the scuppernongs. These grapes tend to produce heavily every 2-3 years – and this seems to be a good year!
- **Sweet potato recipes!** We have SO many delicious ones to share with you – and if you have a favorite, please share it as well! The casserole recipe below is another great way to turn what many of us consider to be a sweet veggie into something savory. We made this for dinner on Sunday and LOVED it! So comforting and filling – and delicious. Great leftovers too! The stew recipe comes from a PlumFresh member, Ricky Jones. What great flavors – and healthy to boot!

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



## **Recipes**

Okay – we know you've had basil several times lately, but we want you to think ahead to March when you would give your right arm for something that tastes like summer. Voila! In your freezer is a bag of basil pesto ice cubes! Thank Goodness!

## BASIL PESTO

**Source:** [Basil Pesto Recipe - Love and Lemons](#)

Prep Time: 5 mins Total Time: 5 mins Makes 1 cup
--

*PlumFresh Note: We always use walnuts in our pesto. They are just as good as pine nuts and w-a-y less expensive. But it's true that it is not traditional!*

### Basic Basil Pesto:

- 1/2 cup toasted pine nuts
  - 2 tablespoons lemon juice
  - 1 small garlic clove
  - 1/4 teaspoon sea salt
  - freshly ground black pepper
  - 2 cups basil leaves
  - 1/4 cup extra-virgin olive oil, more for a smoother pesto
  - 1/4 cup grated parmesan cheese, optional
1. In a food processor, combine the pine nuts, lemon juice, garlic, salt, pepper, and pulse until well chopped.
  2. Add the basil and pulse until combined.
  3. With the food processor running, drizzle in the olive oil and pulse until combined. Add the parmesan cheese, if using, and pulse to briefly combine. For a smoother pesto, add more olive oil.

### Variation: replace the pine nuts with:

- Walnuts
- Pistachios
- Almonds
- Pecans
- Pepitas
- Hemp Seeds

### Variation: for something extra, add:

- Nutritional yeast, in place of the parmesan
- Pinches of red pepper flakes
- 1 charred jalapeño
- 2 to 4 sun dried tomatoes
- Splash of honey or maple syrup, if your pesto is too sharp

Here are some other great basil serving suggestions from Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe:

- Basil has a famous affinity for tomatoes and cheese; a favorite Italian summer salad combines basil, olive oil, balsamic vinegar, rounds of fresh mozzarella cheese, and vine-ripened tomatoes.
- Substitute basil for parsley in meat loaf; it adds a marvelously savory, perfumed flavor.
- If you are a huge basil fan, tear off the leaves from the stems and add liberal quantities to tossed salads, just like a salad green. Leaves of fresh mint and a few thin shreds of raw ginger along with the basil make a powerful flavor combination in a salad.
- Substitute fresh basil for half of the spinach in some recipes.
- Use basil pesto to add flavor to a salmon loaf.
- Chop a few leaves into egg and cheese dishes to add flavor and color.
- Substitute basil for parsley in the filling for deviled eggs.
- Place a few leaves in sandwiches, like lettuce.

## 5-INGREDIENT SWEET POTATO ENCHILADA CASSEROLE

**SERVES** 8

Source: The Kitchn (<https://www.thekitchn.com/enchilada-casserole-263079>)

**PREP TIME:** 20 minutes; **COOKING TIME:** 45 minutes – 1 hour

*This sounds weird but it is Oh. So. Good!!!*

- Cooking spray
- 2 cups enchilada sauce (16 ounces), divided
- 2 pounds sweet potatoes (about 2 large), unpeeled and thinly sliced (1/8-inch thick), divided
- 2 (15-ounce) cans black beans, drained and rinsed, divided (PF Note: we used 1 can)
- 3 cups shredded Mexican blend cheese (9 ounces), divided
- 4 cups spinach or chopped Swiss chard (4 ounces), divided

### *Serving options:*

- Cooked, sliced chicken
- Diced avocados
- Chopped fresh cilantro
- Corn or flour tortillas

Arrange a rack in the middle of the oven and heat to 375°F. Coat a 9x13-inch baking dish with cooking spray. Spread 1/2 cup of the enchilada sauce on the bottom of the baking dish. Arrange 1/3 of the sweet potato slices in a single layer, overlapping slightly. Distribute half of the beans, 1 cup of the cheese, 1/2 cup of the enchilada sauce, and half of the spinach or chard evenly over the sweet potato slices. Repeat the layers of sweet potato, beans, cheese, enchilada sauce, and spinach or chard one more time. Finish with the remaining sweet potatoes and enchilada sauce. Cover tightly with foil.

Bake until the sweet potatoes are tender, about 40-60 minutes. Uncover and sprinkle with the remaining 1 cup cheese. Bake until the cheese melts and the casserole bubbles, about 5 minutes more. Let cool 10 minutes before serving. Top with sliced, cooked chicken, diced avocado, and chopped cilantro, if desired, and serve with tortillas.

## SWEET POTATO - LENTIL STEW

*Serves 4-6*

Source: Ricky Jones

- 1 /4 cup safflower oil
- 1 medium onion, diced
- 2 small tomatoes, diced, or 2 Tbsp tomato paste
- 1 tsp. fresh ginger, minced [PF Note: use 2 T minced baby ginger]
- 1 1 /2 tsps. Turmeric [PF Note: used PGF turmeric granules]
- 1 tsp. cumin
- 1 tsp. ground coriander
- 1 /2 tsp. ground cinnamon - Add more if wanted
- 1 /8 tsp. cayenne pepper- more if desired
- fine sea salt
- 2-3 medium sweet potatoes, peeled and cut into 3/4 inch cubes
- 7 cups vegetable broth OR water if veggie broth unavailable [PF note: used Better Than Bouillon Veggie]
- 1 cup lentils, brown or multi-colored

Heat the oil over medium in a large, deep pot. Add the onion and cook, stirring frequently, for 2 minutes or until the onion starts to soften. Stir in the tomatoes or paste and ginger and cook for 3 minutes. Stir in the turmeric, cumin, coriander, cinnamon, cayenne, and a small pinch of salt. Cook and stir for 2 minutes, then taste for seasonings; try to use only enough salt to heighten the flavors. Add the sweet potatoes, broth, and lentils. Stir well and bring to a boil over high heat. When the mixture comes to a boil, reduce the heat, cover, and simmer for 30 - 40 minutes or until the lentils and sweet potatoes are soft. Serve on its own, or over rice or couscous.

# SWEET POTATO SOUP

Source: Love & Lemons --

[Sweet Potato Soup Recipe - Love and Lemons](#)

Prep Time: 15 mins Cook Time: 30 mins Serves 4
--

*On a cold winter or fall night, warm up with this creamy sweet potato soup! It's healthy, comforting, and filled with delicious sweet and smoky flavor. Vegan and gluten-free.*

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 heaping teaspoon sea salt
- Freshly ground black pepper
- 3 medium sweet potatoes (1½ pounds), peeled and cubed
- 1 apple, peeled and chopped
- 3 garlic cloves, grated
- 1 teaspoon grated ginger
- 1 teaspoon coriander
- ½ teaspoon smoked paprika
- 1 teaspoon apple cider vinegar
- 3 to 4 cups vegetable broth
- 1 (14-ounce) can full-fat coconut milk, reserve 1/4 cup for garnish

## Serving Options

- Pepitas, for garnish
- Fresh cilantro, for garnish
- Aleppo pepper or red pepper flakes, for garnish
- Crusty bread, for serving

## Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the sweet potatoes and the apple and cook until they begin to soften, stirring occasionally, about 8 to 10 minutes.
2. Add the garlic, ginger, coriander, and smoked paprika, and stir. Stir in the apple cider vinegar and then 3 cups of the broth and the coconut milk. Bring to a boil, cover, and reduce the heat to a simmer. Cook until the potatoes are tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and top with a swirl of coconut milk, pepitas, cilantro, and Aleppo pepper, if desired. Serve with crusty bread.

## Notes

This soup thickens as it cools. If reheating it, stir in a little water to create a smooth, creamy consistency.

## APPLE CRUMBLE

Source: — *Paul Anater, as appears in Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe*

### Apple Mixture

- 5 to 6 medium apples, peeled, cored, and sliced
- (about 8 to 10 cups)
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup water

### Topping

- 1 cup rolled oats
  - 1 cup all-purpose flour
  - 1 cup packed brown sugar
  - ¼ teaspoon baking powder
  - ¼ teaspoon baking soda
  - ½ cup (1 stick) butter, melted
1. Preheat the oven to 350°F.
  2. In a large bowl, prepare the apple mixture by combining the prepared apples, white sugar, flour, cinnamon, and salt. Let it sit for about 5 minutes to allow the apples to sweat and the flavors to combine. Place the apple mixture in a 9-by-13-inch pan, and pour the water over the apple mixture.
  3. To make the topping, combine the oats, flour, brown sugar, baking powder, baking soda, and melted butter. Work this mixture together with a fork until it comes to a uniform, crumbly consistency. Sprinkle the topping evenly over the apple mixture.
  4. Bake for about 45 minutes. The fruit should be bubbling and the topping browned. Let cool (to allow it to set up) before serving.

### *In case you missed it....*

**Yield:** about 2-3 cups

## ROASTED MUSCADINE GRAPES

Source: Lindsay, Please Pass the Peas blog ([pleasepassthepeas.com/roasted-muscadine-grapes/](http://pleasepassthepeas.com/roasted-muscadine-grapes/))

*Inspired by the roasted grapes at [Lovey's Market](#) (in Wilmington). I love the tart-sweet flavor of muscadines in this recipe but run of the mill grocery store grapes will work fine. The end result will be more sweet, less tart, and still delicious. Muscadine seeds are easy to remove but if you use other grapes a seedless variety would be best. Try them alongside a rich, creamy polenta laden with gorgonzola for which the grapes are the perfect foil. I think they'd also make an unexpected accompaniment to a cheese plate and I have a hunch they might pair well with ice cream too.*

- 1 pound (about 4 cups) muscadine or other grapes (see headnote)
  - 2 tablespoons extra virgin olive oil
  - 2 tablespoons balsamic vinegar
  - 2 3"-4" sprigs of fresh rosemary
1. Preheat the oven to 425 degrees. Select a baking dish or rimmed sheet pan that is large enough to hold all of the grapes in a single layer. Line it with parchment paper and set aside.
  2. If using muscadines, slice each grape in half and flick out any seeds. They will be about the size of a sunflower seed and easy to remove. Place the grapes in the parchment-lined pan.
  3. If using other, seedless, grapes you can slice them if you want or leave them whole and put them directly into the pan.
  4. Pour the olive oil and vinegar over the grapes. Add the rosemary.
  5. Toss to combine. Make sure the grapes are in a single layer and then roast in the oven for about 30 minutes or until the grapes have slumped down and begun to give off some liquid.
  6. Discard the rosemary and serve the grapes, making sure to include the syrupy pan juices.
  7. Grapes can be served warm or allowed to cool first. I suspect they would keep for several days in the refrigerator, but we've never had any around long enough to find out.