



## *PlumFresh* Harvest Subscription

Season 6, Week 18  
Saturday, October 2, 2021

October is making its debut 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 were planted this week – you should be munching on snacking cucumbers in November!

Speaking of November, our plan is to have bags through Thanksgiving Week. The last “normal” bag will be on Saturday, November 20 and we'll have an optional Thanksgiving bag on Tuesday, November 23. Hopefully this will help your planning!

The Red Kuri Squash this week is a wonderful treat! It is grown by our neighbor Kip Grabs. Kip also provides some of the Pastured Eggs that are available each week. He grows some great winter squash – we'll have some butternuts coming from him soon. Although Kip is not Certified Organic, he uses sustainable methods and does not use synthetic chemicals. We hope you enjoy this squash – we sure enjoyed the one we roasted this week!

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

- Fingerling Potatoes -- *LaRatte*
- Tomatoes – *Moskovich, Martha Washington, Ken's New Zealand, Brandywine, Bolseno*
- Shoots and Microgreens Mix – *Pea Shoots, Sunflower Shoots and Confetti Mix (mildly spicy blend of green and purple radish)*
- Shishito Peppers
- Red Kuri Winter Squash from Farmer Kip Grabs (our neighbor just up the road)

### 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.
- **Red Kuri 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.
- Keep **fingerling potatoes** in a cool, dark, place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator. Fingerlings are especially susceptible to greening if exposed to light.
- **Shishito Peppers** should be stored in plastic bags in the refrigerator.
- **Tomatoes** belong on the counter. The best way to store them is stem end down.
- **Shoots and Microgreens Mix** can be kept in their bag 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?

- Red Kuri are one of our favorite winter squashes. Winter squash is called winter squash because it can be stored over winter for an extended period after harvest in the fall. Squash have high levels of vitamin A and some vitamin C, folate and potassium. Red Kuri are a type of Hubbard squash, these are medium- size, teardrop-shaped red squashes that are especially good for pies and purees.
- The skin of a Red Kuri is hard and takes some effort to cut. Use a large sharp knife and cut lengthwise from the stem end to the flower end – be careful! Halve and scoop out the seeds. Despite this hard skin when raw, once it is cooked the skin of a red kuri is edible (like a delicata squash). No need to peel it!
- To bake, slice in half lengthwise, scoop out seeds, and place facedown on rimmed sheet. Pan. Add 1/2 inch of water to pan. Bake at 400 degrees for 45 minutes to an hour until shells are soft and starting to collapse. Remove and fill with butter, brown sugar, maple syrup, seasoning or fillings.
- The squash are also excellent roasted – rub the squash quarters with some olive oil and put on a baking sheet. Roast at 400 until the flesh is soft and it is caramelized on the edges (approximately 30 minutes).
- To freeze: Winter squash freezes well. Simply cook squash and mash or puree it. Then pour it into ice cube trays and freeze. Pop the frozen cubes into freezer Ziplock bags.

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



## **Recipes**

### **ROASTED RED KURI SQUASH WITH SPINACH SALAD**

*Source: New Morning Farm*

Red kuri squash has very thin skin that is edible! There is no need to peel it before cooking.

#### **Ingredients**

For the Roasted Squash:

- 1 red kuri squash
- 2 tablespoons olive oil
- salt & pepper, to taste

For the Salad:

- 1 4oz bag spinach
  - 1.5 cups cannellini beans
  - 1/2 red onion, finely chopped
  - handful of parsley, finely chopped
  - handful of cilantro, finely chopped
  - handful of dill, finely chopped
  - 2 tablespoon olive oil
  - juice of 1 lemon
  - salt & pepper, to taste
1. Preheat oven to 375 degrees. Cut the squash in quarters by slicing lengthwise and then crosswise. Scoop out the seeds with a spoon. Place the squash pieces on a baking dish. Rub with oil and add salt and pepper. Roast until tender when poked with a fork - about 40-45 minutes.
  2. While the squash is roasting, build the salad. Add the spinach, beans, onions and herbs to a salad bowl. Whisk the oil and lemon juice together and add to the salad. Mix until evenly coated. Add salt & pepper, to taste.
  3. To serve, top each squash piece with some of the salad.

## Coconut Curry with Red Kuri Squash



**Serves 4**

**Prep time**

15 mins

**Cook time**

25 mins

**Total time**

40 mins

A delicious, creamy coconut Thai curry with red kuri squash and broccoli.

Source: [WhatTheHeckDoIEatNow.com](http://WhatTheHeckDoIEatNow.com)

Adapted From: Thai Green Curry With Red Kuri Squash. [Carpe season.com](http://Carpe season.com)

### Ingredients

- 1 tbsp organic canola oil
- 1 onion, diced
- 6 cloves garlic, crushed
- 2 inch piece of fresh ginger, grated
- 1½ tsp Patak's Mild curry paste
- 2 tbsp curry powder
- 1 tsp turmeric
- 1½ cans coconut milk
- 2 tbsp tamari (or soy sauce)
- 1 tbsp sweet chilli sauce
- 4 cups peeled and cubed red kuri squash
- 1 tbsp lime juice
- ½ cup water
- 1½ cups broccoli cut into florets
- ½ tsp salt

### Instructions

1. Heat your oil in a large skillet over medium heat.
2. Add your chopped onion and ginger and saute for about 3 minutes.
3. Add your garlic and saute for another minute.
4. Add your curry paste, curry powder and turmeric and cook for another minute while stirring constantly.
5. Stir in your coconut milk, tamari (or soy sauce), chili sauce, lime, squash and water.
6. Bring it to a boil and then lower the heat to a simmer and cook uncovered for about 15 minutes until the squash are tender.
7. Add your broccoli and cook for another 5 minutes.
8. Add your salt, stir and serve with rice.