



PlumFresh Harvest Subscription

Season 6, Week 17
Wednesday, October 6, 2021

October is off to a good start – mild weather, mostly beautiful days. We've been working this week on the strawberry and brassica fields. Ray also got field prep done for the garlic. Before we get one kale or strawberry plant in the ground, we have to take care of fencing. Deer pressure has become so intense that we have to get that done before we plant. We are putting up another tall permanent fence around the brassicas – it's not quite as tall as the one around the blackberries but it's much more substantial than the step-in fencing that we've used in some fields. We joke that we should just surround the entire farm in 10' fencing!

We've gotten some questions about how long our season will be going so it's a good time to bring up the subject! Our plan is to have bags through Thanksgiving Week. The last bag will be on Tuesday, November 23 – which is the Tuesday before Thanksgiving. 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*
- Shishito Peppers
- Lettuce – *Magenta, Muir, Coastal Star (romaine)*
- Farmers Choice Herb: Rosemary OR Garlic Chives
- 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 a plastic bag in the refrigerator.
- **Rosemary** stores well if you trim the stem ends, strip off the leaves from the bottom several inches of the stems, place them in a glass of water, and store on the counter at room temperature or in the refrigerator. Or wrap the herb in damp paper towels and place in a plastic bag in the refrigerator vegetable crisper, where it will keep for up to 1 week. **Chives** that are unwashed and tightly wrapped in a plastic bag will keep for up to 1 week in the refrigerator vegetable crisper.

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:

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| <ul style="list-style-type: none">• 1 4oz bag spinach• 1.5 cups cannellini beans• 1/2 red onion, finely chopped• handful of parsley, finely chopped | <ul style="list-style-type: none">• 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

Adapted From: Thai Green Curry With Red Kuri Squash. 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 chili 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 oil in a large skillet over medium heat.
2. Add chopped onion and ginger and saute for about 3 minutes.
3. Add garlic and saute for another minute.
4. Add curry paste, curry powder and turmeric and cook for another minute while stirring constantly.
5. Stir in 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 broccoli and cook for another 5 minutes.
8. Add salt, stir and serve with rice.

Another take on the kuri & spinach salad...

ROASTED RED KURI SQUASH WITH CANNELLINI BEAN AND SPINACH SALAD

Source: Erin Alderson in [Roasted Red Kuri Squash with Cannellini Bean Spinach Salad \(naturallyella.com\)](http://naturallyella.com)

Squash

- 1 red kuri squash
- 1 tablespoon olive oil
- Salt/Pepper

Prep Time: 15 mins
Cook Time: 40 mins
Total Time: 55 mins
Yield: 3 to 4 servings

Salad

- 2 cups fresh baby spinach, shredded
 - 1 1/2 cups cannellini beans, drained and rinsed if using canned
 - 1/4 cup minced red onion
 - 1 tablespoon minced flat-leaf parsley
 - 1 tablespoon julienned basil
 - 1 tablespoon minced chives
 - 1 ounce goat cheese
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - Salt and Pepper, to taste
1. Preheat oven to 375°. Using a sharp knife, cut the squash in half from the top to bottom then cut each section in half. Scoop out the seeds and place in a baking dish. Rub with olive oil, sprinkle with salt and pepper, and roast until tender, 35 to 45 minutes. Remove from oven and let cool slightly.
 2. While the squash is roasting, combine the spinach with the beans, onion, herbs, and goat cheese. whisk together the olive oil and lemon juice, pour over the salad and toss until spinach and beans are well coated. Season with salt and pepper as desired.
 3. To serve, divide the salad evenly around the squash.

BRINED FINGERLING POTATOES

Recipe from the Tasting Table Test Kitchen
[Brined Fingerling Potatoes Recipe | Tasting Table](http://tastingtable.com)

Yield: 4 servings
Prep Time: 5 minutes
Cook Time: 15 minutes, plus 15 minutes cooling time
Total Time: 35 minutes

Just simmer the potatoes in an herb-packed brine until they're tender, then store them in the fridge. They'll wait for you there, infused all the way through with that deliciously sweet and savory flavor. Fry eggs and you've got breakfast.. Or dinner. Whenever you're hungry, potatoes are there for you.

INGREDIENTS

- 1½ pounds fingerling potatoes
 - 4 sprigs fresh thyme
 - 1 sprig fresh rosemary
 - 2 dried bay leaves
 - 1 tablespoon black peppercorns
 - 1 tablespoon coriander seeds
 - 1 tablespoon fennel seeds
 - ½ teaspoon red pepper flakes
 - 3 teaspoons Diamond Crystal kosher salt or 1½ teaspoons Morton's kosher salt
 - 4 cups cold water
1. In a medium pot, combine all ingredients and bring to a boil over high heat. Reduce the heat to low and simmer until the potatoes are just tender when pierced with a knife, about 12 minutes. Transfer the potatoes and the cooking liquid to a large metal bowl and nest that bowl in a second, larger, ice-filled bowl until the potato cooking liquid is cool, refreshing the ice as necessary. Once cool, transfer the potatoes and their cooking liquid to the refrigerator. The potatoes will keep for up to 1 week.
 2. To serve, remove potatoes from the brine, pat dry, toss with olive oil and roast in a 450° oven until warmed through, about 10 minutes.

GARLIC-ROASTED FINGERLING POTATOES WITH BUTTERMILK DRESSING

Serves 6

Source: <http://www.wholefoodsmarket.com/recipe/garlic-roasted-fingerling-potatoes-buttermilk-dressing>

Try roasting the potatoes on a grill – make a pan out of foil and place it directly on the grill. You may need to adjust cooking time since the heat will be more intense. Use a cookie sheet to slide the foil pan on and off the grill.

Ingredients:

- 2 lb fingerling potatoes, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil
- 1/4 cup white wine
- 2 teaspoons coarse sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon minced fresh thyme leaves
- 1 clove garlic, finely minced

Buttermilk Dressing

- 1/2 cup buttermilk
- 1/4 cup plain nonfat Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon honey
- 1 tablespoon minced fresh chives
- 1 tablespoon minced fresh dill
- 1 tablespoon minced fresh mint
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

1. Preheat the oven to 400°F. In a large bowl, combine potatoes, oil, wine, salt, pepper and thyme. Toss well.
2. Arrange potatoes in a single layer on two large-rimmed baking sheets. Cover tightly with aluminum foil and cook 15 minutes. Remove the foil and continue to roast potatoes until golden brown, about 30 minutes more.
3. Remove both baking sheets from the oven and toss potatoes with minced garlic. Place potatoes back in the oven and cook for another 10 minutes until deep golden brown and garlic is fragrant (but not burnt).
4. Meanwhile, combine all dressing ingredients in a small bowl, whisking until well combined. Spoon dressing over potatoes and serve.

OVEN ROASTED FINGERLING POTATOES

Source: <http://chefinyou.com/2009/11/23/roasted-fingerling-potatoes-recipe/>

NOTE: The spice combination in this recipe sounds really good!

Cook time: Under 30 min; Prep time: Under 30 min

Serves: 2 people

Ingredients

- About 15 fingerling potatoes
- 1 tbsp Olive oil (More or less depending upon the size of potatoes)
- 1/4 - 1/2 tsp Garam Masala
- 1/2 tsp -1 tsp red chili powder, as per taste
- pinch of turmeric powder
- about 30 fresh sage leaves
- salt to taste

Method

1. Preheat Oven to 425F. Line a baking sheet with foil or parchment paper. Grease the foil lightly with PAM spray or oil. Cut the potatoes half lengthwise. Place them in a bowl and add the seasoning to it. You need just enough oil to coat the potatoes with the spices. For the size I had, I found almost 1 tbsp of oil enough though the original recipe called for 2 tbsp of oil.
2. Now press a sage leaf against the cut side of the potatoes. The oil will help it to stick to its surface.
3. Arrange the potatoes on the baking sheet, cut side down.
4. Bake them for 15-20 minutes or until tender. Serve warm or at room temperature.

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 recently 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](#)