



PlumFresh Harvest Subscription

Season 6, Week 19
Saturday, October 9, 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!

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

- Sweet Potatoes – *Burgundy*
- Frissé – *Curlesi*
- Sweet Habanero Peppers – *Aji Dulce*
- Okra – *Cajun Jewel* and *Burgundy*
- Ratatouille Kit:
 - Tomatoes – a mixture of varieties of slicers
 - Eggplant – *Rosa Bianca*, *Early Black Egg*, *Little Finger*, *Listada di Gandia*, and *Ping Tung Long*
- Sweet Peppers – *Jimmy Nardello*, *Ashe County Pimento*, *Truheart*, *Purple Beauty*, *Jupiter* and *Lunchbox* (mostly Orange and Red)
- Garlic – *Music* or *German Red*
- Rosemary -- *Salem*

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.
- **Frissé, Aji Dulce Peppers, Sweet Peppers, Eggplant and Okra** 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.
- **Tomatoes** belong on the counter, stem end down.
- **Garlic** should be stored in a cool, dark place with good ventilation. Do not store in the refrigerator.

Things to know + How do I use this stuff?

- Y'all seem to be enjoying the **Sweet Potatoes**! We keep getting lots of add-ons each week! The beauty of sweet potatoes is that they can be used in both sweet and savory dishes. Check out the recipes that follow. The African Peanut Stew is a farm favorite. We just made it on Thursday for Dan's going-away lunch. Everyone loved it! Also, the Sweet Potato Enchilada Casserole is SUPER delicious! We talk about it all the time and can't wait for the sweet potatoes to come in so that we can make it!
- **Aji Dulce** are sweet peppers with just a hint of spice. The recipe on reverse is always a market favorite (ours too!). It is super easy to make and the taste is divine! Our hope is that you love it as much as we do!
- Try the **Frissé** with a nice creamy Caesar Dressing. The fat and creaminess of the dressing help to offset any bitterness of this member of the Endive family. See the recipe for the dressing below.

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



Recipes

PUERTO RICAN-STYLE AJÍ DULCE SAUCE (AJILIMÓJILI)

Source: Maricel Presilla in *Gran Cocina Latina: The Food of Latin America* found on *Epicurious*

Yield: Makes about 2 1/4 cups

Ingredients

- | | |
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| • 12 Caribbean sweet peppers (ají dulces) | • 1 cup extra-virgin olive oil |
| • 1 cubanelle pepper, seeded and coarsely chopped | • 1/3 cup distilled white vinegar |
| • 1/2 jalapeño, Scotch Bonnet or habanero chile, seeded | • 1 bunch cilantro, leaves stripped from stems (about 2 cups) |
| • 7 garlic cloves, peeled | • 1 teaspoon salt, or to taste |
| • 1 small yellow onion (about 5 ounces), coarsely chopped (about 1/2-2/3 cup) | • 1/2 teaspoon dried oregano (optional) |
| | • 1/4 teaspoon ground cumin |

Preparation

Combine all the ingredients in a food processor or blender and process to a coarse emerald-green sauce. The sauce will keep in the refrigerator, tightly covered, for 2 to 3 days. Use on chicken, pork, as a condiment for a burger, with chips, on a spoon,

RATATOUILLE

Original Source: Moosewood Cookbook as found on Epicurious:

(<http://www.epicurious.com/recipes/member/views/RATATOUILLE-FROM-MOOSEWOOD-COOKBOOK-50049551>)

- 3 Tb olive oil
- 4 med cloves garlic, minced
- 2 cups chopped onion
- 1 bay leaf
- 2 medium eggplant, peeled and cubed
- 1 1/2 tsp salt
- 1 1/2 tsp basil
- 1 tsp marjoram or oregano
- 1/2 tsp rosemary
- 1/2 tsp thyme
- 2 medium red peppers, seeded and cut into 1-inch chunks
- 2 medium tomatoes or 1 14-oz can diced tomatoes (with juice)
- 2 medium zucchini, cubed (optional)
- black pepper
- fresh minced parsley
- sliced olives (optional)
- fresh parmesan cheese, grated (optional)

1. Heat olive oil in a deep pan. Add garlic, onion and bay leaf and sauté over medium heat for about 5 minutes.
2. Add eggplant, salt and herbs and stir. Cover and cook over medium heat, stirring occasionally, for 15-20 minutes until eggplant is soft.
3. Add zucchini, peppers, black pepper, and tomatoes. Cover and simmer for about 10 more minutes, or until zucchini and bell peppers are tender.
4. Top with grated parmesan cheese and/or other goodies to serve.

PEAK-OF-SUMMER ROASTED RATATOUILLE

Serves: 3

Source: Linda Ly in The CSA Cookbook via <http://honestcooking.com/cooking-the-csa-way/>

Ingredients

- 3/4 pounds tomatoes, cut into 1-inch chunks
 - 1/2 pound crookneck squash, cut into 1/2 -inch slices
 - 1/2 pound eggplant, cut into 1/2 -inch slices
 - 1 bell peppers, cut into 1-inch pieces
 - 1/2 yellow onion, cut lengthwise into eighths
 - 5 garlic cloves, smashed with the flat side of a knife
 - 2 T olive oil
 - 3/4 teaspoons kosher salt
 - 1/8 teaspoon ground black pepper
 - 1 rosemary sprig
 - Thinly sliced fresh basil
1. Preheat the oven to 400°F. If your oven cannot fit two large baking sheets side by side, place one rack in the top third of the oven and one rack in the bottom third of the oven.
 2. As you prepare all the vegetables, cut the tomatoes first and let them drain in a colander while you break down the remaining ingredients.
 3. In a large bowl, gently toss all the vegetables with the garlic, oil, salt, and pepper until evenly coated.
 4. Strip the leaves off the rosemary sprig and scatter them on top.
 5. Spread the vegetables across two large rimmed baking sheets in a single layer, with the tomatoes cut sides up. You want the vegetables packed in tightly, but not piled on top of each other.
 6. Roast until most of the vegetables are soft, shriveled, and slightly browned, about 45 minutes. If your baking sheets are on two separate racks, swap their positions halfway through the roasting time for even cooking.
 7. Transfer the vegetables and all their juices to a serving bowl and toss with the basil. Serve warm or chilled.

ROASTED GARLIC DRESSING

Source: smitten kitchen [roberta's roasted garlic caesar salad – smitten kitchen](#)

- 1 head of garlic
- 3/4 cup plus 1 tablespoon (175 grams) olive oil, plus a splash for the garlic
- 1 garlic clove, peeled
- 2 teaspoons (10 grams) smooth dijon mustard
- 1 1/2 tablespoons (21 grams) white wine vinegar
- 2 tablespoons (28 grams) sherry vinegar
- 2 large egg yolks
- 5 anchovy fillets
- Juice of half a lemon, plus more if needed
- Kosher salt
- Freshly ground black pepper

1. Heat oven to 350°F. Cut a quarter inch off the head of garlic and place the head, cut side up, on a big square of aluminum foil. Drizzle lightly with olive oil. Wrap it tightly in the foil and bake for a little less than 1 hour.
2. Remove the garlic from the oven and let it cool in the foil. Squeeze the roasted garlic out of 4 or 5 cloves and set the rest aside for another use (“its really good just spread on grilled bread.”)
3. Put the roasted garlic, the raw clove of garlic, mustard, vinegars, egg yolks, anchovies, and lemon juice into a blender or food processor and blend for 30 seconds or until combined. With the machine one, add the olive oil in a slow, thin stream until it’s incorporated, and the dressing looks smooth. Taste and add salt, pepper, and more lemon juice as desired.

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

- 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

1. 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.
2. 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.

'OH SHE GLOWS' SOUL-SOOTHING AFRICAN PEANUT STEW

Ingredients

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into ½-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Fine-grain sea salt and freshly ground black pepper
- ⅓ cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- 1½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls baby spinach or destemmed, torn kale leaves
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

Preparation

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
2. Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).
4. Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
5. Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
6. Ladle the stew into bowls and garnish with cilantro and roasted peanuts.

Tip: Have some leftover cooked rice? This soup is fabulous with some stirred in.

Excerpted from [*The Oh She Glows Cookbook: Vegan Recipes to Glow from the Inside Out*](#) by Angela Liddon. Copyright © 2014 Glo Bakery Corporation. Published by Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.

Servings: Makes 6 servings