



## *PlumFresh* Harvest Subscription

Season 6, Week 18  
Wednesday, October 13, 2021

Robert Frost said that good fences make good neighbors – I wonder if that applies to deer as well? We are still working on getting up our 2 new fences to try to deter deer from the crops. Yes, they are cute but oh, they are so destructive! We have spent thousands of dollars in labor and materials to keep them away from our crops. Sure takes a bite out of the ol' budget! Aaargh!

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

- Sweet Potatoes – *Burgundy*
- Romaine Lettuce – *Coastal Star*
- Sweet Habanero Peppers – *Aji Dulce*
- Sunflower Shoots
- Farmers Choice (one of the following):
  - Apples from Levering Orchard (Staymen-Winesap and/or York)
  - Muscadine/Scuppernong Grapes
- Blue Oyster Mushrooms from Haw River Mushrooms
- BONUS!
  - Tomato
  - Jalapeño (for Aji Dulce Sauce recipe)

### 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.
- **Lettuce, Aji Dulce Peppers, Jalapeño Pepper, Grapes and Okra** should be stored in a plastic bag in the refrigerator.
- **Mushrooms** should be kept in their paper bag and will last up to a week in the fridge with proper humidity.
- **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, stem end down.
- **Please wash the Sunflower Shoots** and spin them dryer in a salad spinner before eating. Refrigerate in a plastic bag.

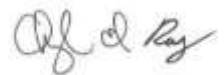
### Things to know + How do I use this stuff?

- 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 last

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!.
- **We have a new mushroom vendor:** Haw River Mushrooms! They are a family-owned mushroom farm based in Saxapahaw. They grow a wide variety of mushrooms including lions mane, oyster, shitake, and more. They also produce value-added products such as dried mushrooms, mushroom jerkey and more. Our previous mushroom provider, Borrowed Land Farm, has shifted their business to growing fruiting blocks for other producers and hobbyists.
- **A reminder on the apples:** these are Low-Spray 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 2 months 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 will have more of these delicious apples for you later in the season.

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

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

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, ....

## 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.

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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

## PEANUT TOFU SOUP (a variation of African Peanut Soup)

*Serves 4 as main course or 6 as starter.*

*From the Authors of the Recipe: This dish is easy to make (it's a one pot meal) and can serve as a hearty main dish or a starter to an Asian-inspired meal. The tofu and brown rice add texture to the silky soup while the peanut butter adds flavor and creaminess. Even if you, or those you are cooking for, don't like tofu, add it for the texture and protein (you can also puree it with the rest of the soup to hide it). Next time you are in the mood for something warm and easy, give this soup a try and see why it is one of our favorites.*

Source: <http://www.itsnotabouttherecipeblog.com/2012/02/peanut-tofu-soup.html> Adapted from Deborah Madison

- 2 tbs vegetable oil
- 2 onions, diced
- 2 tsp. chopped fresh ginger [NOTE: last week's baby ginger would be great!]
- 2 sweet potatoes, cut into 1 inch cubes
- 3 large garlic cloves, minced
- Salt and pepper
- 1/4 tsp cayenne or red pepper flakes
- 1 can crushed tomatoes
- 5 cups vegetable stock or water
- 3/4 cup peanut butter
- 1/2 lb tofu, diced into 1/4 inch cubes
- 2 cups cooked brown rice
- 1 cup scallions, sliced

Heat oil over high heat in a large heavy pot. Add onions, ginger, and sweet potato and sauté about 8 minutes until the onion starts to brown. Add garlic after five minutes. Add 1 tsp of salt, some ground pepper, and the cayenne pepper. Cook for two more minutes. Add the tomatoes and use the juice to scrape the brown bits off the bottom of the pan. Add the vegetable stock or water, bring to a boil, cover, lower the heat, and simmer for 25 minutes.

Add the peanut butter and stir until dissolved. Puree the soup until smooth using an immersion blender or in batches in a blender. Add the tofu and cook until tofu is heated through. Serve with brown rice on the side or in the bottom of the bowl. Top with scallions.

## SWEET POTATO HUMMUS

(from Sow True Seeds Recipes from the Harvest, April 14, 2015)

- 1-2 sweet potatoes, baked & peeled
- 1 cup can garbanzo beans, drained
- ¼ cup tahini
- 2 tablespoons extra virgin olive oil
- 1 garlic clove – I used a roasted garlic clove
- ½ lemon, juiced
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon cinnamon
- dash nutmeg
- salt & pepper

### SOME VARIATIONS:

- Add some cooked red lentils instead of garbanzo beans
- A tablespoon of maple syrup
- Some chili pepper for spice!

Start by baking the sweet potato in the oven at 400° for 40-60 minutes, or until soft. Cooking time will depend on the size of your potatoes. Cool. Peel.

Combine all the ingredients in a food processor until smooth. Taste, and adjust the seasoning if necessary. Top with a drizzle of olive oil and a sprinkle of cumin. Enjoy with raw veggies or baked pita chips.

Makes approximately 2 cups.

## SWEET POTATO-GINGER SOUP

- 2 tablespoons olive oil
- 1 1/2 pounds peeled raw sweet potatoes, cut into 1-inch chunks
- 1 large onion, cut into large dice
- 1 tablespoon organic [grass-fed ghee](#) (sub coconut oil to make this completely vegan)
- 1 pinch coconut sugar
- 3 large garlic cloves, thickly sliced
- 1 1/2 teaspoons ground ginger
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon [cayenne pepper](#)
- 3 cups organic vegetable broth
- 1 can coconut milk
- Salt and freshly ground pepper, to taste
- Garnish: chopped roasted peanuts

### Directions:

1. Heat your olive oil over medium-high heat in a large, deep pan until it starts to simmer.
2. Add the sweet potato chunks along with the onion. Sauté them together in the oil for about 8 minutes until everything is a nice golden-brown color.

3. Reduce your heat to low and add ghee or coconut oil, coconut sugar and garlic. Keep the heat going until all vegetables are a rich caramel color and the flavors meld (this should take 10 more minutes).
4. Add your ginger, nutmeg and cayenne pepper. Continue to sauté a minute longer.
5. Add in the broth as you increase your heat to medium high. Once you get it to a simmer, reduce the heat to low and partially cover the pan until the sweet potatoes are tender (another 10 minutes).
6. Using a blender, puree all ingredients until very smooth. (Vent it either by removing the lid's pop-out center or by lifting one edge of the lid).
7. Return to pan (or even a soup pot if your pan isn't big enough to handle more liquid). Add enough coconut milk so that your final product is souplike, but also thick and creamy enough to float peanut garnish. Taste and adjust salt/pepper if needed. Heat again until it's perfect for serving and garnish with some roasted peanuts. ENJOY!

## **CURRIED SWEET POTATO SOUP**

*Makes 2 Servings*

NOTE: If your curry powder is on the spicy side, and your tolerance for spice is on the weaker side, you may want to use less. If you think you could potentially qualify for either, start with ¼ teaspoon and you can always add more later if the soup tastes under-seasoned.

### *Ingredients*

1 tablespoon olive oil  
1 medium onion, diced  
1/2 teaspoon curry powder (see note)  
1 pound sweet potatoes (or yams), peeled, cut into 1/2-inch pieces  
1 quart vegetable broth  
1 teaspoon salt  
1/2 cup whole milk

Greek yogurt  
Cilantro leaves

In a medium Dutch oven, heat the olive oil over a medium flame and sauté the onions until translucent, about 5 minutes. Add the curry powder and sauté for another 2 minutes, until fragrant. Add the sweet potatoes, broth, and salt and raise the heat to high. Bring to a boil, reduce the heat, and cover. Cook for 20-25 minutes, until the potatoes are tender. Use an immersion blender, food processor, or blender to puree. Add the milk and taste for seasoning. Garnish with a dollop of yogurt, and some cilantro leaves.