



PlumFresh Harvest Subscription

Season 6, Week 19
Wednesday, October 20, 2021

It seems like Fall and its friend, Jack Frost, decided to arrive. We had our first frost on Monday morning – but that was at the roof level, not the ground. Regardless, it was pretty darn cold! We are closing up the tunnel with the tomatoes more regularly now. And we are making sure that the greenhouse (which has cucumbers that are coming along nicely!) is closed at night. The heater turned on this morning – so we quickly reset it to be a more reasonable temperature and to defer those big propane bills for a bit longer!

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

- Escarole – *Eros*
- Potatoes – *German Butterball*
- Lunchbox Peppers
- Tomatoes – *Mixed Slicers*
- Fire-Roasted Green Chile -- *Joe E. Parker (mild)*
- Butternut Squash from Farmer Kip Grabs

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 **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.
- The **Roasted Green Chile** was just roasted yesterday. Please refrigerate it and use within THREE days OR freeze it. The great thing about the vacuum seal is that it keeps the chile from becoming freezer-burned.
- **Escarole and Lunchbox Peppers** should be stored in a plastic bag in the refrigerator.
- **Butternut 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.
- **Tomatoes** belong on the counter, stem end down.

Things to know + How do I use this stuff?

- The **Green Chile** was just roasted yesterday. Enjoy its smoky flavor NOW! If you need to wait, please refrigerate and use within THREE days. If you need to wait longer, it freezes beautifully, and the vacuum-sealing process will keep it from becoming freezer burned. The chile still has the skin on the pepper. You can easily remove it or just leave it on for an extra layer of smoky flavor.
- **Green Chile** is great for quesadillas, pizza, eggs, queso, etc. And please try our Green Chile Stew recipe below – it is always a hit at our PlumFresh potlucks!
- **Butternut squash** have always been one of Cheryl's favorite winter squashes. Her dad used to grow them just for her. We roasted the squash last night and it was delicious! The flesh was sweet and tasty and didn't even need any butter – just a pinch of salt did the trick. Yummmmmmm!

- Winter squash are 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. Butternut has tan skin and a shape like a peanut. It has bright orange flesh and is one of the sweetest squashes.
- Baking and roasting are the best ways to prepare them, since this method caramelizes the natural sugars and concentrates the flavors. To bake, slice in half lengthwise, scoop out seeds, spray with olive oil and place facedown on cookie sheet. 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 other fillings. You can also Or you can peel and cube squashes such as butternut, then toss the cubes with olive oil, salt, and pepper. Roast at 385°F, turning once, until caramelized and tender.
- Winter squash also 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

It's Soup Season! One of our favorite times of the year! Here are a couple of time-tested and Plum Granny Farm kitchen-approved recipes that are our go-to's for soups and stews.

ROASTED GREEN CHILE STEW

Since you have roasted green chile, you don't need to worry about roasting your own for this dish – it makes it even easier and delicious. The fire roasting of our traditional chile roaster brings out the deliciousness of the chile and adds that smoky umami.

- 5-8 cloves of garlic, chopped
- 3 medium onions, chopped
- 2 T. Chicken or veggie bouillon
- 4 potatoes, chopped
- Roasted Green chile

Sauté garlic and onion in olive oil until soft. Add 2 quarts of water and bouillon. Simmer for 20 minutes. Add potatoes and chile. Cook until potatoes are soft. Add additional water (and extra bouillon) if necessary. Serve hot with grated Monterey jack or cheddar cheese, if desired.

Variations:

- Stew can be made with chicken or pork and stock. If using meat, add it with the water and bouillon and cook until it is well done.
- Add cannellini beans near the end of cooking (so they don't get mushy).
- Serve with veggie chicken strips (Morningstar "Chik'n Strips" or Quorn)

ESCAROLE AND BEAN SOUP

Source: Elizabeth Martin, *PlumFresh* member

Elizabeth tells me that this is one of her family's favorites – and it has become one of ours as well. She notes that it can be varied to meet one's preferences and that it is very easy! Sounds perfect for a damp, rainy day.

- Render about 12 1/2-inch pieces of salt pork or side meat or use a couple of tablespoons of olive oil.
- Sauté 1 med onion, chopped and 4 cloves of garlic, sliced, in the oil/fat
- Add the following:
 - 8 oz of tomatoes or 2 Tbsp of tomato paste (Elizabeth uses the concentrated tomato paste that comes in a tube)
 - 16 oz water or up to 32 oz chicken broth or vegetable broth
 - 1 or 2 cans of cannellini beans
 - Fresh ground black pepper
- Bring to a boil.
- Add 1 large or 2 medium heads of escarole, washed and torn into pieces.
- Cover and simmer for about 30 minutes until escarole is tender.

A sprinkle of Romano cheese is always a good idea!

MORE BUTTERNUT SQUASH IDEAS....

- Boil or mash winter squash just as you would potatoes.
- Add peeled squash cubes to your favorite soups, stews, beans, gratins, and vegetable ragouts.
- Steam cubes of winter squash and dress with olive oil, garlic, tamari, and ginger for a savory dish, or with apples and ginger for a sweeter dish.
- Very tender, sweet winter squashes can be finely shredded to make an unusual slaw, along with raisins, mayonnaise, vinegar, cream, and sugar.
- Incorporate mashed or finely shredded squash into pancakes, much like potato pancakes, or deep-fry like hash browns.
- Purée cooked squash and blend with sugar, cinnamon, honey, nutmeg, maple syrup, and cream for a luscious dessert.
- Substitute sweet-flavored winter squash in any recipe calling for pumpkin.
- Dress cooked winter squash with butter and herbs, a cream sauce, cheese sauce, maple syrup and nuts, marinara sauce, or stewed fruit.
- Peel and cube butternut squash, then toss the cubes with olive oil, salt, and pepper. Roast at 385°F, turning once, until caramelized and tender. Serve as is or toss the cubes with sautéed chard, kale, or roasted bell pepper strips.

BUTTERNUT SURPRISE

Source: *From Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 4

- 1 butternut squash
 - 3 tablespoons butter
 - 1 cup small fresh or canned pineapple chunks
 - Parsley, finely chopped
1. Preheat the oven to 375°F.
 2. Halve the butternut squash lengthwise. Scoop out the seeds and the stringy, surrounding pulp. Make several horizontal and vertical slits in the squash. Rub the butter into each squash half, place the pineapple chunks in the hollowed-out part of the squash, and sprinkle with parsley.

I had been struggling trying to find a way to make a frittata. This recipe was the answer! I love the pick and choose format. The Lunchbox Peppers and German Butterball Potatoes would be great in this!

HOW TO MAKE A FRITTATA

Source: Emma Christensen (<http://www.thekitchn.com/how-to-make-a-frittata-cooking-lessons-from-the-kitchn-170717>)

Makes about 6 servings

Ingredients (choose 3 to 4)

- 1 medium onion, diced
- 1 medium potato, diced
- 1 medium bell pepper, diced
- 1 to 2 cups swiss chard, chopped
- 1 roasted red pepper, diced
- 1 to 2 cups broccoli florets
- 1 to 2 cups cauliflower florets
- 1 to 2 leeks, diced
- 1 cup mushrooms, diced or thinly sliced
- 1 cup cooked pasta
- 1 cup cooked rice
- 1 to 2 sausages, diced
- 1 cup shredded cooked chicken, pork or beef
- 1 cup tofu, diced
- Any other leftovers you may have in the fridge

For cooking and the seasoning:

- Vegetable oil -- 1 to 3 teaspoons
- 1 to 2 cloves garlic, minced
- spices or herbs, like oregano, basil, rosemary, thyme, smoked paprika, cumin, chili powder
- 1 to 2 teaspoons kosher salt, divided

For the eggs:

- 1/2 to 1 cup shredded cheese (optional)
- 6 to 8 large eggs, enough to cover the ingredients

Equipment

- 10 to 12-inch nonstick frying pan or cast iron skillet (oven-safe)
- Spatula

Instructions

1. **Heat the oven:** Arrange a rack in the middle of the oven and heat to 400°F.
2. **Sauté the ingredients:** If the meat is raw, cook that first in a large nonstick frying pan or cast iron skillet and then remove it from the pan to add back in later. Cook the vegetables with a little oil over medium-high heat, starting with the longer-cooking veggies like onions and potatoes and ending with softer veggies like red peppers, until cooked through. Add any meat or tofu and cook just enough to warm through.
3. **Season the ingredients:** Since the ingredients will be mixed with eggs, you want to over-season them a bit here. Add whatever seasonings you wish to use along with 1 teaspoon of the salt. Let this cook for a minute, then give it a taste. It should taste strong, but still good. Add more spices or salt if needed.
4. **Add the cheese:** Spread the vegetables into an even layer. Sprinkle the cheese on top and let it just start to melt.
5. **Add the eggs:** Whisk the eggs together and pour them over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set.
6. **Bake the frittata:** Put the pan in the oven and bake until the eggs are set, 8 to 10 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven.
7. **Cool and serve:** Cool in the pan for 5 minutes, then slice into wedges and serve. Leftovers will keep refrigerated for a week.

Recipe Notes

- **For a browned, crispy top:** Set the frittata under the broiler for a minute or two at the end of cooking.