



PlumFresh Harvest Subscription

Season 6, Week 21
Saturday, October 23, 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 buttoned up at night. The heater turned on Tuesday 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*
- Sweet Potatoes – *Garnet*
- Mixed Sweet Peppers including *Jimmy Nardello, Ashe County Pimento, Lipstick, Marconi, Truheart, Purple Beauty, Sweet Bullnose, Sweet Chocolate and Red and Orange Lunchbox*
- Tomatoes – *Mixed Slicers + Valentine grape tomatoes*
- 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 **Sweet 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 Sweet 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?

- This week's sweet potatoes are Garnet, which is the more savory of the two varieties we grow. They are really delicious! Just a simple roast in the oven creates a truly amazing thing to eat. We hope you enjoy these beauties!
- 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. Yummmmmm!
- 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. We fire roast the chile with our traditional chile roaster – hey, we lived in New Mexico for almost 20 years – you don't think we'd give up this tradition! Roasting 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 – use the entire package of roasted green chile in this week's bag.

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.

The Easiest Way to Break Down Butternut Squash

Bulbous, fibrous squash can be intimidating to prep. But we've devised a failsafe method.

Don't be daunted by butternut squash's bulbous shape and dense flesh. Follow our method, and you won't need to buy precut squash ever again.



1. Trim and Peel : Holding sharp chef's knife with pinch grip, position front part of blade on squash about $\frac{1}{4}$ inch from stem end. Push down and forward, using length of blade to cut through stem end. Rotate squash 180 degrees and repeat with bottom. Use vegetable peeler to peel skin.

TIP: For silky cooked squash, peel the white fibrous flesh just below the skin (about an $\frac{1}{8}$ -inch-thick layer) until the squash is completely orange.



2. Divide: Holding bulb with 1 hand and continuing with pinch grip, cut in half where neck and bulb meet.



3. Cut Neck: Stand neck on 1 cut end for stability. Holding piece steady, place tip of knife on squash and apply gentle downward pressure to create even-size planks; thickness will depend on recipe. Rotate planks and cut into even-size pieces according to recipe.

TIP: If the squash neck is longer than 6 inches, cut it in half crosswise to create more-manageable pieces.



4. Deseed Bulb: Stand bulb on 1 cut end for stability. Holding piece steady, apply gentle downward pressure to cut in half. Use spoon to scoop out seeds.



5. Cut Bulb: Place each half cut side down. Hold squash with claw grip. Slice squash into even-size wedges according to recipe. As you cut, angle knife and follow curve of squash so each slice is an even thickness. (Knife blade won't be perpendicular to cutting board.) Rotate slices and cut into even-size pieces according to recipe.

ROASTED BUTTERNUT SQUASH WITH BROWNED BUTTER AND HAZELNUTS

Source: *Cook's Illustrated*, January/February 2014

SERVES 4 to 6
TIME 1½ hours

Notes from Cook's Illustrated: Taking a cue from famed chef Yotam Ottolenghi, we sought to create a savory recipe for roasted butternut squash that was simple and presentation-worthy. We chose to peel the squash thoroughly to remove not only the tough outer skin but also the rugged fibrous layer of white flesh just beneath, ensuring supremely tender squash. To encourage the squash slices to caramelize, we used a hot 425-degree oven, placed the squash on the lowest oven rack, and increased the baking time to evaporate the water. We also swapped in melted butter for olive oil to promote the flavorful Maillard reaction. Finally, we selected a mix of toppings that added crunch, creaminess, brightness, and visual appeal.

SQUASH

- ☐ 1 large (2 1/2- to 3-pound) butternut squash
- ☐ 3 tablespoons unsalted butter, melted

- ☐ ½ teaspoon salt
- ☐ ½ teaspoon pepper

TOPPING

- ☐ 3 tablespoons unsalted butter, cut into 3 pieces
- ☐ ⅓ cup hazelnuts, toasted, skinned, and chopped coarse

- ☐ 1 tablespoon water
- ☐ 1 tablespoon lemon juice
- ☐ Pinch salt
- ☐ 1 tablespoon minced fresh chives

BEFORE YOU BEGIN

For plain roasted squash omit the topping. This dish can be served warm or at room temperature. For the best texture it's important to remove the fibrous flesh just below the squash's skin.

1. **FOR THE SQUASH:** Adjust oven rack to lowest position and heat oven to 425 degrees. Using sharp vegetable peeler or chef's knife, remove skin and fibrous threads from squash just below skin (peel until squash is completely orange with no white flesh remaining, roughly 1/8 inch deep). Halve squash lengthwise and scrape out seeds. Place squash, cut side down, on cutting board and slice crosswise 1/2 inch thick.
2. Toss squash with melted butter, salt, and pepper until evenly coated. Arrange squash on rimmed baking sheet in single layer. Roast squash until side touching sheet toward back of oven is well browned, 25 to 30 minutes. Rotate sheet and continue to bake until side touching sheet toward back of oven is well browned, 6 to 10 minutes. Remove squash from oven and use metal spatula to flip each piece. Continue to roast until squash is very tender and side touching sheet is browned, 10 to 15 minutes longer.
3. **FOR THE TOPPING:** While squash roasts, melt butter with hazelnuts in 8-inch skillet over medium-low heat. Cook, stirring frequently, until butter and hazelnuts are brown and fragrant, about 2 minutes. Immediately remove skillet from heat and stir in water (butter will foam and sizzle). Let cool for 1 minute; stir in lemon juice and salt.
4. Transfer squash to large serving platter. Drizzle butter mixture evenly over squash. Sprinkle with chives and serve.

MISO-BUTTER PASTA WITH BUTTERNUT SQUASH

Yasmin Fahr, NY Times Cooking [Miso-Butter Pasta With Butternut Squash Recipe - NYT Cooking \(nytimes.com\)](#)

- **YIELD:** 4 servings
- **TIME:** 35 minutes

A true love match, miso and butter create a simple yet deeply flavorful pasta that hits all the right notes: sweet, salty and savory. Smashed garlic cloves roast with the squash to gently flavor it, then become silky-soft treasures you'll discover while eating. Finishing the dish with lime cuts through the richness of the butter, but you can use lemon, too. Try using other vegetables like eggplant, pumpkin or carrots to make this dish your own.

INGREDIENTS

- 2 tablespoons unsalted butter, at room temperature
- 2 teaspoons white miso
- 3 to 5 large garlic cloves, smashed
- 2 ½ pounds butternut squash, peeled and cut into 1/2-inch cubes (see Tip)
- 1 tablespoon olive oil, plus more as needed
- Kosher salt and black pepper
- 1 pound mezze rigatoni or other short pasta
- ½ cup grated Parmesan, plus more for serving
- 1 lime, zested and juiced (2 teaspoons zest, 2 tablespoons juice)
- ¼ teaspoon red-pepper flakes (optional)

PREPARATION

1. Heat the oven to 450 degrees. On a sheet pan, mash together the butter and miso. Add the garlic and squash, drizzle with 1 tablespoon olive oil, and toss to coat with the miso-butter mixture. Sprinkle 1 teaspoon salt and season with pepper. Cook until easily pierced with a fork and the raw taste is gone, 25 to 30 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta, adjusting the heat to maintain a gentle boil, and cook until just shy of al dente. Reserve 1 cup pasta water, then drain the noodles. If done before the squash, drizzle with olive oil to prevent the noodles from sticking together. Leave in the sink to drain.
3. When the squash is done, return the pasta to the pot over low heat. Scrape in squash, garlic and any liquid that accumulated, then add the Parmesan and 1/2 cup pasta water, stirring well until the noodles have a light sheen to them. If it appears dry, add more pasta water a tablespoon at a time until you reach your desired consistency. Stir in the lime zest and juice, season to taste with salt, and top with pepper and red-pepper flakes, if using. Serve with extra cheese.

Tip

- *Peeling and cutting the squash is the hardest and most time-consuming part of this recipe, so you can make it easier by using pre-cut squash or by softening the skin before cooking. To do so, trim the ends, prick the skin all over with a fork and microwave for 3 to 3 ½ minutes. This softens the skin and flesh — without cooking it too much — to make it easier to cut. Hold the squash with a kitchen towel, then use a vegetable peeler to remove the skin, and continue to cut from there.*