



## *PlumFresh* Harvest Subscription

Season 6, Week 20  
Wednesday, October 27, 2021

Yesterday was most definitely Winnie the Pooh and the Blustery Day! We were chasing things all over the farm. It's always amazing the things that can go airborne even when you think they are buttoned down. The good news is that there wasn't any damage to our high tunnels or greenhouse. The Wednesday forecast is for much tamer winds. We and all the animals are very grateful for that – especially Brix and Cheryl! Thank goodness!

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

- Sweet Potatoes – *Garnet*
- Shishito Peppers
- Beets – *Boro, Touchstone Gold and Chioggia*
- Farmers Choice: *Picolino Cucumbers OR Snow Peas*
- Green Tomatoes – *Mixed Slicers*
- Salsa Kit: Lunchbox Peppers (4), Jalapeños (2) and small bulb of garlic: M=Music, LA=Lahontan, LO=Lorz Italian, GR=German Red
- Apples from Levering Orchard – *Staymen-Winesap and/or York*

### 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.
- **Shishito Peppers, Lunchbox Peppers and Jalapeños** should be stored in a plastic bag in the refrigerator.
- **The cucumbers and snow peas** should be stored in a plastic bag in the crisper drawer.
- For the **Beets**, cut the tops off, leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time. So try to use them within a week. The yellow beets are especially sweet.
- **Tomatoes** belong on the counter, stem end down.
- **Take the garlic** out of the Salsa Kit bag and store in a cool, dark place with good ventilation. Do not store in the refrigerator.

### 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 Tomatoes** make a wonderful salsa. See the recipe below. When we had this on the menu last year, we got SO many positive comments about it! Give it a try!

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

## Recipes

### ROASTED GREEN TOMATO SALSA

Source: Sujatha Muralidhar in: <https://www.pepperbowl.com>

**Green tomatoes aren't something to feel sad about....turn them into a tasty salsa! We gave this a whirl last night, made some tweaks to the recipe and enjoyed a new salsa! Roasting gives the salsa extra depth.**

*Source note: Roasted green tomato salsa is the delicious replica of our favorite Mexican restaurant's dish. This luxurious savory sauce just stops you for a moment. This is tastier than any store-bought salsa verde.*

- 4 green large tomatoes or 8-10 small
- 1 onion or 2 large bunching onions
- 1 small sweet pepper (PF add)
- 1 jalapeño (could add 2 for more heat)
- 4 cloves garlic
- 2 T lime juice or to taste
- 1 T apple cider vinegar (PF add)
- 4 tbsp cilantro, chopped
- 1/2 tsp salt or to taste

1. Preheat the oven to 400°F.
2. Slice green tomatoes into 1/2 inch thickness. Slit and deseed jalapeno (if you want less spicy), slice.
3. In a baking tray, arrange tomato and jalapeno slices and peeled garlic cloves.
4. Bake for 15-20 minutes or until the edges become brown. Allow to cool somewhat.
5. In a blender, add roasted tomatoes and jalapeño, onion, lime juice, vinegar, cilantro, sweet pepper and salt.
6. Pulse until mixture becomes chunky – don't overprocess. Transfer to serving bowl and serve with tortilla chips.
7. Refrigerate for 3 hours if you want to serve it cold. It is also great 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](#)

Here's another list of recipes – many I have never seen before – for Shishito Peppers. Give 'em a try!

[10 Ways to Use Shishito & Padron Peppers - Skagit Food Co-op \(skagitfoodcoop.com\)](#)

Sweet potato season is always a joy around here! We look forward to the myriad of soups and casseroles that we can make with this magical veggie. Here is one of our favorite soup recipes.

### 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
- 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.

## Baked Sweet Potato Recipe

Cook time	Total time
40 mins	40 mins

A basic baked potato recipe. Choose 1 of 4 filling options to make quick, easy, vegetarian, stuffed sweet potatoes.

Author: Jeanine Donofrio

Serves: 2 to 8

### Ingredients

- 2 to 8 sweet potatoes (each variation will stuff 2 potatoes)
- Filling: choose from the four recipes below

### Instructions

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Greek-ish Stuffed Sweet Potatoes

A light Greek-inspired quinoa salad packs stuffed sweet potatoes with protein and bright lemon flavor.

Author: Jeanine Donofrio

Serves: filling for 2 sweet potatoes

### Ingredients

- ½ cup cooked quinoa
- ½ cup finely chopped spinach
- 2 tablespoons crumbled feta
- 2 tablespoons chopped red onion
- ½ teaspoon extra-virgin olive oil, more to taste
- 1 teaspoon fresh lemon juice
- ¼ clove minced fresh garlic
- ¼ teaspoon sea salt
- Freshly ground black pepper, to taste
- dollops of [Tzatziki Sauce](#)

### Instructions

1. Make the filling: In a medium-small bowl, mix together the quinoa, spinach, feta, red onion, olive oil, lemon juice, garlic, salt, and pepper. Adjust seasonings to taste. (I like to slightly over-season my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with scoops of tzatziki.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Fall Harvest Stuffed Sweet Potatoes

My favorite filling for a baked sweet potato, this tangy and bright fall salad is full of crunch and flavor.

Serves: filling for 2 sweet potatoes

### Ingredients

- 12 Brussels sprouts, coarsely shredded
- ½ gala apple, diced
- 1 radish, sliced into matchsticks
- ¼ cup crumbled feta
- 1 tablespoon chopped dried cranberries
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon apple cider vinegar
- ¼ teaspoon sea salt, more to taste
- freshly ground black pepper, to taste

### Instructions

1. Make the filling: In a medium bowl mix together the Brussels sprouts, apple, radish, feta, cranberries, olive oil, apple cider vinegar, salt, and pepper. Season to taste. I like this one to really pop with the vinegar so that the flavors stand up to the whole sweet potato. Also, this is the only potato without a sauce, so make sure your salad filling is not dry.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Scoop in the filling and season to taste.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Curry Spiced Stuffed Sweet Potatoes

This yummy curry-spiced filling makes the coziest healthy dinner inside of a baked sweet potato!

Serves: filling for 2 sweet potatoes

### Ingredients

- 1½ cups cooked chickpeas, drained and rinsed (makes extra)
- extra-virgin olive oil, for drizzling
- sea salt and freshly ground black pepper
- ½ teaspoon curry powder
- 4 large kale leaves
- ¼ cup chopped cilantro

#### turmeric-yogurt sauce

- 3.5 ounces Greek yogurt
- 1 teaspoon fresh lemon juice
- ½ teaspoon extra-virgin olive oil
- ½ clove minced garlic
- ¼ teaspoon turmeric or curry powder
- ¼ teaspoon sea salt

### Instructions

1. Make the filling: While the sweet potatoes bake, spread the chickpeas on a separate baking sheet, drizzle them with olive oil and pinches of salt and pepper, and roast for 25 minutes or until golden brown and crispy around the edges. Remove the chickpeas from the oven and while they are still hot, toss them with the curry powder. Set aside until ready to use.
2. Make the sauce: In a small bowl, combine the yogurt, lemon juice, olive oil, garlic, turmeric, and salt. Chill until ready to use.
3. Just before the sweet potatoes are done, place the kale leaves into the oven on the same baking sheet and cook for 2 to 3 minutes, or until wilted. Remove, chop, and set aside.
4. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Stuff with some of the chickpeas, the chopped kale, and the cilantro. Top with a scoop of sauce and serve with the remaining sauce on the side.
5. Save extra chickpeas for snacking.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Sweet Potato Burrito

This Mexican-inspired salad makes a perfect filling for stuffed sweet potatoes. One of my go-to weeknight dinners. Vegan.

Serves: filling for 2 sweet potatoes

### Ingredients

- 1 cup shredded red cabbage
- ½ cup cooked black beans
- a few slices of serrano or jalapeño pepper
- 1 tablespoon toasted pepitas
- ½ teaspoon extra-virgin olive oil
- 1 teaspoon fresh lime juice
- ¼ teaspoon chili powder
- ¼ teaspoon sea salt
- ¼ cup salsa, for serving

#### quick guac:

- 1 small avocado
- 2 teaspoons fresh lime juice, or to taste
- ¼ teaspoon sea salt, or to taste

### Instructions

1. Make the filling: In a medium-small bowl, mix together the cabbage, black beans, serrano, pepitas, olive oil, lime juice, chili powder, and salt. Adjust seasonings to taste. (I like to slightly overseason my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Just before serving, make the guac: Use the back of a fork to mash together the avocado, lime juice, and salt.
3. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with the guac. Serve with the salsa on the side.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>

