



## *PlumFresh* Harvest Subscription

Season 6, Week 23

Saturday, November 20, 2021

Well, it's here. We are at the end of this year's season! We have truly enjoyed the opportunity to plan and fill these Harvest Bags for you and your family. It is indeed a pleasure and honor to have customers who have invested their trust and faith in what we are doing. And as we begin to close out 2021, we want to express our gratitude for your support and encouragement when we have had challenges and setbacks. We are most grateful for your unwavering support and friendship.

As we close out the year, we begin planning for 2022. We'll be sending you a quick survey so that you can help us in this process. What did you like about *PlumFresh*? What needs to be improved? Watch your inbox – your feedback is very valuable and helps us make *PlumFresh* even better.

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

- Creamer Potatoes – *German Butterball*, *Plum Gold*
- Sweet Potatoes - *Garnet*
- Baby Ginger – *Brazilian Giant*
- Escarole -- *Eros*
- Snow Peas – *Oregon Sugar Pod II*
- Heirloom Seminole Squash
- Garlic Mix – *mostly Chesnok Red*
- Microgreens (*Confetti Blend Radish Mix*) and Pea Shoots
- Snacking Cucumbers -- *Picolino*
- Lunchbox Peppers
- Collards from Felsbeck Farm

### 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 **Creamer Potatoes and 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.
- **Baby ginger** can stay on the counter or in the fridge – they just can't jump back and forth for any length of time. It will last about 2-3 weeks on the counter and about 3 weeks in the fridge. You can also freeze it (see care sheet attached).
- **Seminole squash/pumpkin** has a very long shelf life – up to 9 months! They prefer a cool basement, pantry or countertop (55-65 F) but they hate refrigeration.
- The **Microgreens/Pea Shoots Mix** store well in their plastic bag. Please wash and spin dry before using.
- **Lunchbox Peppers, Escarole and Collards** should be stored in plastic bags in the refrigerator.
- **The Snacking Cucumbers and Snow Peas** should be stored in a plastic bag in the crisper drawer.
- **Garlic** is best stored in a cool, dark place with good ventilation. Do not store in the refrigerator.

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

- Seminole squash are an heirloom variety very similar to a butternut squash. When it comes time to cook it, find the biggest, sharpest knife you have and carefully slice it in half, scoop out the seeds (roast them, see recipe), peel it (if you prefer no skin) and cut it into wedges or chunks.
- Seminole Squash are delicious and are incredibly long-keepers. They will last for at least 4-6 months in good storage conditions -- and sometimes longer!



Thanks to our friend, Martha Harley at Old Salem, we were able to get seed from the Single Brothers Garden and ["Seeds With Stories" project at Old Salem](#). We have been growing this amazing winter squash for the past several years.

This squash (or pumpkin as some call it) is native to Southern Florida. They were grown by [Native Americans \(Seminole, Muskogee and others\) in the Everglades and other South Florida areas](#). Their method of cultivation was to grow the vines -- which can reach 25 feet more more -- up trees. In fact, early colonists saw these pumpkins hanging from tree branches. The Seminole people referred to this pear-shaped squash in the name "Chassahowitzka," meaning "pumpkin hanging place" or "land of hanging pumpkins". While wild Seminole pumpkins are now rare, the Chassahowitzka River bears the name as a reminder of the wild pumpkins that once grew on the banks. Learning about the history of the plants that we grow is always so exciting!

- Check out the information on Baby Ginger – great tips on storage and freezing this wonderful treat. The recipes are great as well.

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

A handwritten signature in dark ink, appearing to read "Jeff &amp; Ray". The signature is written in a cursive, flowing style.

## Recipes

### SEMINOLE PUMPKIN RECIPES

*Source: Frog Song Organics in north Florida*

*Frog Song note: Our favorite “winter squash” is called the Seminole Pumpkin. This Florida native crop has well-adapted to our climate, the accompanying heat, humidity and insect pests. We have saved seeds for several years from our own crop. Many different phenotypes exist, with shapes from round to oblong. Our Seminole Pumpkins are sweet, moist and orange-fleshed, with a beautiful tan skin.*

Here are two easy recipes that are healthy and satisfying.

### SEMINOLE PUMPKIN CROCK POT SOUP

#### Ingredients:

- 1 Seminole pumpkin (optional: carrots and/or sweet potatoes)
- 1 quart water or stock
- 1/4 tsp ground ginger
- 1/4 tsp garam masala (or cinnamon)
- 1/2 tsp salt to start then to taste
- 1 can of regular (whole fat) coconut milk

#### Directions:

1. Halve the pumpkin and scoop out the seeds.
2. Place in a crock pot with a stock.
3. Add seasonings and cook on “low” for 4 to 6 hours or until completely tender.
4. Add coconut milk and salt. Use an immersion blender to mix all ingredients into a smooth consistency. Salt to taste.

### FARM HOUSE PUMPKIN CURRY

This recipe is great to feed a large group!

#### Ingredients:

- 1 Seminole pumpkin, peeled, diced and seeds removed
- 1/3 cup coconut oil
- 1 onion, diced
- 2 tsp whole mustard seeds (and/or fenugreek, coriander, ginger)
- 1 tbsp curry powder
- 1 can coconut milk
- 1/2 cup brown lentils
- 2 cups water
- salt to taste

**Directions:**

1. Heat coconut oil in a large pot. Add onion and mustard seeds (and other spices if using) and cook on medium heat until onions are lightly browned. Add curry powder and stir.
  2. Add diced pumpkin, lentils, and water. Simmer on medium low heat until lentils and pumpkin are tender, about 30 minutes, stir occasionally. You can add more water if more time is needed to cook pumpkin.
  3. When tender, add coconut milk and salt then simmer for 5 more minutes. 4. Serve over prepared basmati or jasmine rice.
- Chef's Note: You can add other vegetables to this mix such as daikon radish or carrots. You can also use another legume such as chickpeas, but make sure they are fully cooked first.

**ROASTED SQUASH SALAD WITH WARM CIDER VINAIGRETTE**

Serves 2-4
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Source: *Transplanting Traditions Community Farm* <https://www.transplantingtraditions.org/Seminole-Squash>

- 1 squash or pumpkin, peeled and 3/4-inch diced
  - a good glug or two of olive oil
  - 1 tablespoon maple syrup
  - Kosher salt and freshly ground black pepper
  - 3/4 cup apple cider
  - 2 tablespoons cider vinegar
  - 2 tablespoons minced shallots
  - 2 teaspoons Dijon mustard
  - 1 bag arugula or salad mix
  - 1/2 cup walnuts or pumpkin seeds, toasted
  - 3/4 cup fresh grated Parmesan cheese or goat cheese
  - VARIATIONS: add sauteed mushrooms, roasted turnips or radishes
1. Preheat the oven to 400.
  2. Place the squash on a sheet pan. Add 2 tablespoons olive oil, the maple syrup, 1 teaspoon salt, a grind of pepper and toss. Roast the squash for 15-20 minutes, turning once, until fully tender and edges are beginning to brown.
  3. Toast the nuts or seeds.
  4. While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup. Off the heat, whisk in the mustard, 1/2 cup olive oil, 1 teaspoon salt, and several grinds of pepper.
  5. Place the salad greens in a large salad bowl and add the roasted squash, the seeds or walnuts, and the cheese. Toss the vinaigrette with the salad until fully combined. Taste and adjust salt and acid.

**Roasted Seeds**

- Seeds from one pumpkin
- 1/2 tsp salt
- 1/2 tbsp olive oil
- \*1/2 tsp spices of your choice (optional)

Preheat oven to 300 degrees. Separate the seeds from the pulp of the pumpkin and place in a colander. Rinse away any remaining pulp and shake the seeds to dry them a bit. Put them on a foil-lined baking sheet in a single layer and bake for 30 minutes. Remove from the oven and place in a bowl with the olive oil, salt, and spices. Toss to make sure they're all nicely coated and return to the baking sheet. Roast for 15-20 minutes more. \*Spice Note: can use half cayenne pepper and half garlic powder. If you want a sweet and salty snack, try brown sugar and cinnamon. For a more basic approach, just use salt and pepper.

## STEAMED COLLARDS WITH LIME-PEANUT SAUCE

Source: Linda Watson in the blog, *Cook for Good* (<http://cookforgood.com/recipe/steamed-collards-with-lime-peanut-sauce.html>)

20 min Total Time  
Yields 4 servings

*This sauce is SO good and works with lots of different veggies, but it is simply amazing with collards. Make extra sauce for other dishes- slaw, salad dressing.*

- 2 cloves garlic
- 1 lb. fresh collards [NOTE: What you have]
- 1 teaspoon grated fresh ginger (or 1/2 teaspoons dried ginger in a pinch)
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1/8 teaspoon chipotle powder

1. Mince garlic and put into a small bowl. Rinse collards well.
2. Set up a steamer: Put about an inch of water in a large pot, add a steamer basket, and cover the pot. Heat steamer over high heat until water starts to boil, then turn temperature down to low so water barely boils.
3. Cut or tear collard leaves away from the center stems. Cut off the bottom of each stem, then cut stems into quarter-inch lengths. Add stems to steamer basket and cook for about four minutes.
4. Cut collard leaves into ribbons about two inches by one-quarter inch. Add collard leaves to steamer and cook until tender, about five minutes.
5. Add remaining ingredients to bowl with garlic and stir to mix. When collards are tender, transfer them to a serving bowl, top with lime-peanut sauce, and stir to mix.
6. Serve hot or at room temperature. Refrigerate any extra and reheat briefly before serving.

***See notes next page***

### Recipe tips and notes

- Because you stir in the sauce after steaming the collards, you have a chance to adjust the heat level to suit everyone. Delay adding the chipotle and stir the mild but still flavorful sauce into some of the greens for heat-adverse diners, then stir chipotle into the remaining sauce. You can also serve plain steamed collards and pass the sauce separately.

## ESCAROLE AND BEAN SOUP

Source: Elizabeth Martin, *PlumFresh* member

*This is a simple soup that has become a Plum Granny Farm favorite. 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.

# Tangy Cucumber Salad

Source: [The Kitchn](#), *Sheela Prakash*



Photos by [Joe Lingeman](#)

When you crave a light side dish that won't weigh down the rest of your dinner but still has enough punch to stand out on its own, make this salad. Quick-pickling the cucumbers with cider vinegar and a little sugar gives them the vibrancy they're all too often missing. Tossed with nothing more than a little olive oil, salt, pepper, and lots of chopped fresh chives, the cucumber slices transform into a simple salad that's the perfect counterpart for grilled meat or fish.

**Yield:** Serves 4 to 6 as a side dish

**Prep Time:** 5 minutes

## Ingredients

- 1/4 cup apple cider vinegar
- 2 tablespoons olive oil
- 2 teaspoons granulated sugar
- 1 teaspoon kosher salt, plus more as needed
- Freshly ground black pepper
- 2 pounds cucumbers (about 4 medium)
- 2 tablespoons finely chopped fresh chives

## Instructions

1. Place the vinegar, oil, sugar, salt, and a few grinds of pepper in a large bowl and whisk to combine. Thinly slice the cucumbers crosswise. Place them in the bowl, add the chives, and toss to combine.
2. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to meld. Taste and season with salt and pepper as needed before serving.

**Storage:** Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

*Sheela Prakash received her master's degree from the University of Gastronomic Sciences in Italy and is also a Registered Dietitian. She is the author of ["Mediterranean Every Day."](#)*