



PlumFresh Harvest Subscription

Season 6, Week 21
Tuesday, November 23, 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:

- German Butterball Potatoes
- Sweet Potatoes - *Garnet*
- Baby Ginger – *Brazilian Giant*
- Frissé -- *Curlesi*
- Heirloom Seminole Squash
- Microgreens (*Confetti Blend Radish Mix*, *Mild Brassica Mix*) and Pea Shoots
- Garlic Mix – *Chesnok Red* (marked "C" - bulb & cloves) and *German Red* (marked "GR" - cloves)
- Snacking Cucumbers -- *Picolino*
- Lunchbox Peppers
- Collards from Felsbeck Farm

NOTE: If you added on *Snow Peas*, we wanted to let you know that the peas suffered some cosmetic damage from last week's cold, but the peas are still tasty and delicious. They are best used cooked (stir-fry, steamed) instead of eaten raw, however.

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 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. **As they have not been washed, please wash and spin dry before using.**
- **Lunchbox Peppers, Escarole and Collards** should be stored in plastic bags in the refrigerator.
- **Snacking Cucumbers** 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 "Chassahowitza," 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!

Chad & Ray

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.

SEMINOLE PUMPKIN CROCK POT SOUP

- 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

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 ¼ cup. Off the heat, whisk in the mustard, ½ 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.

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.

SPAGHETTI WITH CURLY ENDIVE & BALSAMIC VINEGAR

Categories: Main dish, Pasta, Vegetarian

Yield: 4 servings

- 1 lb Spaghetti
- 4 Garlic cloves, chopped
- 3 T Olive oil
- 1 Head Frissé (aka Curly Endive), trimmed & cut into bite-sized pieces
- 1 T Balsamic vinegar, or to taste
- Salt & pepper

Cook the spaghetti until it is al dente. Meanwhile, sauté 3 garlic cloves in about 2 T oil then quickly sauté the endive in this mixture. Add the vinegar, cook for a moment, then remove from the heat. Season with salt & pepper. Drain the pasta, toss with the remaining garlic & oil, then serve each portion topped with a big spoonful of the sautéed endive, adding extra vinegar if needed.

VARIATIONS: Add 6 oz cooked cannellini beans when you sauté the endive & season with a sprinkling of red pepper flakes if desired. Instead of endive, use 2 heads of radicchio or 1 head of escarole and follow the basic recipe above.

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."](#)

As we get closer to the Holidays, here is a decadent recipe that might fit the bill for your Thanksgiving or Friendsgiving celebrations. Last year, just before Thanksgiving, we had a customer that was so excited to see that we had German Butterball Potatoes because that was the recommended potato for this dish. Even as tough as 2021 has been, we still have much to be thankful for.

MASHED POTATOES WITH CRISPETY CRUNCHETIES

Source: [Molly Bazcarla Lalli Music Bon Appétit](#) November 2019

YIELD: 8–10 servings

Source Note: The impossibly creamy texture of these mashed potatoes is a credit to choosing the right guy for the job: the German Butterball. It has the butteriest flavor and it's the fluffiest when mashed. Plus, roasting them first helps concentrate their flavor. A smoky breadcrumb and-potato-chip topping, inspired by the flavors of patatas bravas, brings something new to the table.

Potatoes:

- 4 lb. German Butterball or Yukon Gold potatoes, scrubbed
- 1 head of garlic, divided
- 5 sprigs thyme
- 2 tsp. black peppercorns, lightly crushed
- 1¼ cups (2½ sticks) unsalted butter
- 4 cups (or more) whole milk
- 1 Tbsp. (or more) kosher salt

- 1 lemon

Topping:

- 2 ½"-thick slices country-style bread, torn into 1" pieces
- 2 cups kettle-style potato chips (such as Cape Cod)
- 4 Tbsp. unsalted butter
- Kosher salt, freshly ground pepper
- 3 sprigs thyme, leaves picked
- 1 tsp. hot smoked Spanish paprika
- ½ cup chopped parsley

Preparing the Potatoes:

1. Preheat oven to 400°F. If using German Butterballs, place potatoes on a rimmed baking sheet or in a cast-iron skillet and roast, turning halfway through, until very tender (a paring knife inserted into the center should meet with no resistance), 45–50 minutes.
2. If using Yukon Golds, place on a rimmed baking sheet or in a large baking dish and cover tightly with foil. Roast until very tender, 80–95 minutes.
3. Meanwhile, remove 4 garlic cloves from garlic head and set aside for the topping. Cut remaining head of garlic in half crosswise and place in a medium saucepan with thyme, peppercorns, butter, 4 cups milk, and 1 Tbsp. salt.
4. Using a vegetable peeler, remove wide strips of zest from half of lemon and add to pot; set lemon aside for the topping. Bring mixture to a simmer over medium-high heat, stirring occasionally. Immediately remove from heat, cover, and let sit at least 30 minutes.
5. When potatoes are done, use a paring knife to remove skins (it's important to do this while they are very hot; hold them in a kitchen towel to protect your hands), then pass them through a ricer or food mill fitted with the fine disk into a large pot (or simply mash them in the pot with a potato masher).
6. Return garlic mixture to a simmer, then pour through a fine-mesh sieve into pot with potatoes; discard solids. Set potato mixture over medium heat and whisk until liquid is incorporated and potatoes are very smooth and bubbling. Taste and season with more salt if needed. Cover and keep warm until ready to serve.

Do Ahead: Potatoes can be made 2 days ahead. Transfer to an airtight container and let cool. Cover and chill. Reheat over medium, whisking constantly and loosening with more milk if needed.

MASHED POTATOES WITH CRISPETY CRUNCHETIES - *continued*

Topping and Assembly:

1. Pulse reserved 4 garlic cloves in a food processor until finely chopped, about 15 seconds. Add bread and potato chips and process in long pulses until coarse crumbs form, about 1 minute.
2. Heat butter in a large ovenproof skillet over medium until foaming. Add breadcrumb mixture and season with salt and pepper. Cook, stirring, until mixture is coated in butter and fragrant, about 1 minute. Transfer skillet to oven; bake, tossing every 5 minutes, until crumbs and chips are evenly dark golden brown, 15–20 minutes.
3. Meanwhile, finely grate remaining lemon zest from reserved lemon into a small bowl. Add thyme leaves and paprika and toss to combine.
4. Remove crumb mixture from oven and immediately toss in thyme mixture. Taste and season with more salt if needed. Let topping cool in pan, then add parsley.
5. To serve, transfer mashed potatoes to a large bowl and sprinkle topping over.

Do Ahead: Topping (without parsley) can be made 2 days ahead. Store airtight at room temperature.