



## *PlumFresh* Harvest Subscription

Season 7, Week 18

Saturday, September 17, 2022

Do you feel that hint of Fall in the air? I sure do! The cooler temps and drier air and SUN have been a balm for the soul this week! And the forecast looks great for our *PlumFresh* Tomato Tasting tomorrow (**Sunday, September 18 from 2-4 p.m.**) We do hope you will be able to attend! It will be a fun, laid back event – come meet your fellow *PlumFresh* members and taste the variety of delicious tomatoes we are growing this year. Despite the weekly dose of tomatoes (on repeat), we'll bet that you haven't tasted EVERY one of the varieties that we are growing. Be part of this first-ever event just for *PlumFresh* members!

The Red Kuri Squash this week is a wonderful treat! It is grown by Harmony Ridge Farms in Tobaccoville. Although they are not Organic, they use sustainable methods and do not use synthetic chemicals. We hope you enjoy this squash – we sure enjoyed the one we roasted this week!

Coming attractions include **Apples** from our friends at Levering Orchard! We plan on having apples on the menu once a month until the end of the season (Thanksgiving). We are also sourcing **oyster mushrooms** from Haw River Mushrooms. These are on top of our expanding fall crops that are growing happily!

This week's menu includes:

- Creamer Potatoes – *German Butterball*
- *Valentine* Grape Tomatoes
- Saladette and Mini Roma Tomatoes Mix: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee, Pink Bumble Bee, Verona (Mini Romas)*
- Sweet Pepper Mix – *Lunchbox Peppers, Carmen, Escamillo, Sweet Sunrise, Orange Bell, Jimmy Nardello, Sweet Chocolate, Charleston Bell, Jupiter, Golden California*
- Red Kuri Winter Squash from Harmony Ridge Farms

### Regular Bags Only:

- Garlic Mix: *Chesnok Red, Lorz Italian, Music*
- Rosemary -- *Salem*
- Member's Choice:
  - Eggplant – *Annina, Little Finger, Ping Tung Long, Rosa Bianca*
  - Fruit Tomatoes Mix – *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
  - Okra – *Burgundy, Cajun Jewel*
  - Onions – *Scout*
  - Chile Peppers: *Joe Parker (Mild)*
  - Hot Peppers: *Jalapeño*
  - *Aji Dulce Sweet Habanero Peppers*
  - Shishito Peppers
  - Summer Squash: *Smooth Operator, Jaune et Verte (pattypan), Zephyr (yellow/green), Dark Star Zucchini*
  - Sweet Potato Greens

## 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. And yes, you may even find a bug (or slug!) in your veggies! Please wash them!
- **Red Kuri Winter 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 – not in the refrigerator!
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **Potatoes** should be kept in a cool, dry, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.
- **Garlic** should be stored in a place with good air circulation, out of direct light. Never put it in the refrigerator or store in a plastic bag!
- Wrap unwashed **Eggplant** in a towel (not plastic) to absorb any moisture and keep it in the veggie drawer of your refrigerator. Or store unrefrigerated at a cool room temperature. Use within a week and it should still be fresh and mild.
- **All summer squashes** are surprisingly perishable; avoid washing them until just before using – **based on this advice, your squash have not been washed!** They also can dehydrate quickly. Put them in a perforated plastic bag and store in the crisper drawer of your fridge.
- **Okra** is also perishable and should be used within a few days. Store the dry, unwashed pods in a paper bag in the warmer part of the refrigerator (usually the upper area). Okra, in keeping with its tropical origins, does not like temperatures below 45°F.
- **Sweet Potato Greens** should be stored in its plastic bag in the refrigerator.

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

- Red Kuri are one of our favorite winter squashes. Winter squash is 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. Red Kuri are a type of Hubbard squash, these are medium- size, teardrop-shaped red squashes that are especially good for pies and purees.
- The skin of a Red Kuri is hard and takes some effort to cut. Use a large sharp knife and cut lengthwise from the stem end to the flower end – be careful! Halve and scoop out the seeds. Despite this hard skin when raw, once it is cooked the skin of a red kuri is edible (like a delicata squash). No need to peel it!
- To bake, slice in half lengthwise, scoop out seeds, and place facedown on rimmed sheet. Pan. Add 1/2 inch of water to pan. 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 fillings.
- The squash are also excellent roasted – rub the squash quarters with some olive oil and put on a baking sheet. Roast at 400 until the flesh is soft and it is caramelized on the edges (approximately 30 minutes).
- To freeze: Winter squash 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, local food! Until next week,



# Recipes

## COCONUT CURRY WITH RED KURI SQUASH



**Serves 4**

**Prep time**

15 mins

**Cook time**

25 mins

**Total time**

40 mins

A delicious, creamy coconut Thai curry with red kuri squash and broccoli.

Source: [WhatTheHeckDoIEatNow.com](http://WhatTheHeckDoIEatNow.com)

Adapted From: [Thai Green Curry With Red Kuri Squash. Carpe season.com](http://Thai Green Curry With Red Kuri Squash. Carpe season.com)

### Ingredients

- 1 tbsp organic canola oil
- 1 onion, diced
- 6 cloves garlic, crushed
- 2 inch piece of fresh ginger, grated
- 1½ tsp Patak's Mild curry paste
- 2 tbsp curry powder
- 1 tsp turmeric
- 1½ cans coconut milk
- 2 tbsp tamari (or soy sauce)
- 1 tbsp sweet chilli sauce
- 4 cups peeled and cubed red kuri squash
- 1 tbsp lime juice
- ½ cup water
- 1½ cups broccoli cut into florets
- ½ tsp salt

### Instructions

1. Heat oil in a large skillet over medium heat.
2. Add chopped onion and ginger and sauté for about 3 minutes.
3. Add garlic and sauté for another minute.
4. Add curry paste, curry powder and turmeric and cook for another minute while stirring constantly.
5. Stir in coconut milk, tamari (or soy sauce), chili sauce, lime, squash and water.
6. Bring it to a boil and then lower the heat to a simmer and cook uncovered for about 15 minutes until the squash are tender.
7. Add broccoli and cook for another 5 minutes.
8. Add salt, stir and serve with rice.

## ROASTED RED KURI SQUASH WITH SPINACH SALAD

Source: *New Morning Farm*

Red kuri squash has very thin skin that is edible! There is no need to peel it before cooking.

### Ingredients

For the Roasted Squash:

- 1 red kuri squash
- 2 tablespoons olive oil
- salt & pepper, to taste

For the Salad:

- 1 4oz bag spinach
- 1.5 cups cannellini beans
- 1/2 red onion, finely chopped
- handful of parsley, finely chopped
- handful of cilantro, finely chopped
- handful of dill, finely chopped
- 2 tablespoon olive oil
- juice of 1 lemon
- salt & pepper, to taste

1. Preheat oven to 375 degrees. Cut the squash in quarters by slicing lengthwise and then crosswise. Scoop out the seeds with a spoon. Place the squash pieces on a baking dish. Rub with oil and add salt and pepper. Roast until tender when poked with a fork - about 40-45 minutes.
2. While the squash is roasting, build the salad. Add the spinach, beans, onions and herbs to a salad bowl. Whisk the oil and lemon juice together and add to the salad. Mix until evenly coated. Add salt & pepper, to taste.
3. To serve, top each squash piece with some of the salad.

## FREEZING SWEET PEPPERS

Blanch peppers if you want to use them in heated dishes; for uncooked preparations, don't blanch if you want a more crispy texture. To blanch, wash the peppers and remove their seeds. Blanch halved peppers in boiling water for 3 minutes; sliced or diced ones for 2 minutes. Then plunge them into ice water for 5 minutes to stop the cooking process. Remove and drain. Pack in zipper-lock freezer or vacuum food sealer-type bags, or freezer containers. Squeeze out any excess air and leave ½ inch of headspace (unless you are using the vacuum sealing method). Frozen peppers will keep for up to 12 months at 0°F.

## ROASTED SWEET PEPPERS (FOR FREEZING)

Place peppers over a gas burner (or under a broiler or on a grill) until the skin is blackened on all sides. Put peppers in a bowl, cover with plastic wrap and let steam for 10 minutes. When peppers are cool, peel or rub away the blackened skin. Cut in half, remove and discard the stem and seeds. Toss with olive oil. Freeze in 1-cup containers.

Source: *The Farmers Market Cookbook: The ultimate guide to enjoying fresh, local, seasonal produce.* Julia Shanks and Brett Grohsgal

Another great recipe from *The New York Times Cooking!*

# Bell Pepper Salad With Capers and Olives

By David Tanis

**Time** 30 minutes

**Rating** 4 ★★★★★ (136)

At summer's end, sweet peppers of every color are ripe and ready, far better than the bland supermarket hot-house varieties available year-round. Thinly sliced and dressed with an assertive vinaigrette, these peppers make an ideal first course or antipasto.

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## Ingredients

**Yield: 4 servings**

4 sweet bell peppers, in different colors  
1 anchovy fillet, plus more for garnish  
1 small garlic clove  
2 tablespoons red wine vinegar  
1 teaspoon capers, chopped, plus whole capers for garnish  
¼ cup extra-virgin olive oil  
Salt and pepper  
1 cup halved cherry tomatoes, lightly salted  
½ cup green or black olives, such as Castelvetrano or Moroccan, pitted, if desired  
Arugula, for garnish (optional)  
Dried Italian oregano, for sprinkling (optional)

## Preparation

**Step 1**

Cut peppers in half from top to bottom. Remove stems, seeds and veins, then slice peppers into strips about ⅛-inch wide.

**Step 2**

Make a vinaigrette: Using a mortar and pestle, smash anchovy fillet and garlic into a paste. Transfer to a small bowl, and add red wine vinegar and chopped capers. Stir in olive oil and season vinaigrette with salt and pepper.

**Step 3**

Put sliced peppers in a large bowl. Season with salt and pepper, and toss. Add vinaigrette and toss again. Leave for 10 minutes, then taste again and adjust seasoning. (The salad can sit for 15 to 20 minutes without suffering.)

**Step 4**

Transfer to a serving platter. Garnish with cherry tomatoes, whole capers, olives and anchovy fillets. Surround with arugula, if using. Sprinkle with oregano, if using.

*Another recipe very similar to one of our go-to's. We are finding that our InstaPot is our secret weapon for cooking dried beans. They are done in less than 45 minutes WITHOUT soaking the beans overnight! And they are so much healthier (and cheaper) than canned beans. If you froze corn from when it was in season, you'll be good to go with local ingredients!*

# Black Bean, Corn and Tomato Salad



Recipe courtesy of Food Network Kitchen

Total: 2 hr 10 min

Prep: 10 min

Cook: 2 hr

## Ingredients:

- 1 pound dried black beans
- 4 plum tomatoes, chopped
- Salt
- 2 cups corn kernels
- 1/2 red onion, chopped
- 1 bunch cilantro, chopped
- Juice of 1 lime
- 1/4 cup olive oil
- Pepper
- Cayenne

## Directions:

In large pot cover beans with cold water. Bring to a boil. Remove from heat, cover, and let sit for 1 hour. Drain beans and add fresh water to completely cover. Bring to a boil and simmer for 1 hour until beans are tender. Drain. In a serving bowl toss tomatoes with salt and set aside for 10-15 minutes to bring out juices. Add beans, corn, and onion and mix well. Add cilantro, lime juice and oil. Stir to coat. Season with salt, pepper and cayenne to taste. Serve immediately, or set aside for 30 minutes for flavors to intensify.

