



PlumFresh Harvest Subscription

Season 7, Week 18
Wednesday, September 21, 2022

We had a grand time at our *PlumFresh* Tomato Tasting on Sunday! What's better than good conversation, a gorgeous day at the farm and TOMATOES! We sampled 26 varieties and folks got to vote on their favorites. We'll reveal the winners next week!

If you missed this event, don't worry – we are planning another *PlumFresh* event on the farm in early November. Stay tuned – we'll be announcing the details soon.

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! We should have these a couple more times.

Also in this week's bag are beautiful; Blue Oyster Mushrooms from Haw River Mushrooms. They are a family-owned mushroom farm based in Saxapahaw, NC, a renovated mill town in central NC. They grow a wide variety of mushroom as well as produce value-added products such as mushroom jerky.

Coming soon from our fields: Sweet Potatoes (!), arugula, pac choi and other Asian Greens, and more kale and lettuce.

This week's menu includes:

- Creamer Potatoes – *German Butterball*
- Fruit Tomato Medley - *Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
- Rosemary – *Salem*
- Blue Oyster Mushrooms from Haw River Mushrooms
- Red Kuri Winter Squash from Harmony Ridge Farms

Regular Bags Only:

- Eggplant – *Annina, Little Finger, Ping Tung Long, Rosa Bianca*
- Members Choice
 - Okra – *Burgundy, Cajun Jewel*
 - Onions – *Scout*
 - Hot Peppers: *Jalapeño*
 - *Aji Dulce Sweet Habanero Peppers*
 - Shishito Peppers
 - Summer Squash: *Smooth Operator, Jaune et Verte (pattypan), Zephyr (yellow/green), Dark Star Zucchini*
 - Saladette and Mini Roma Tomatoes Mix: *Clementine, Sunrise Bumble Bee, Purple Bumble Bee, Pink Bumble Bee, Verona (Mini Romas)*

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.
- **Mushrooms** should be kept in their paper bag and will last up to a week in the fridge with proper humidity.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **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.
- 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.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **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.

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

Adapted From: 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.

GREEK LEMON POTATOES

Source: <https://www.thekitchn.com/greek-lemon-potatoes-recipe-23088983>

SERVES 6 to 8

PREP TIME 10 minutes

COOK TIME 1 hour 15 minutes to 1 hour 20 minutes

I saw a post of this dish on Instagram and knew that I had to get the recipe. Although this calls for Yukon Gold potatoes, German Butterball will fit the bill VERY nicely! Here's to giving it a whirl!

INGREDIENTS

- Cooking spray
- 4 cloves garlic
- 1/2 cup freshly squeezed lemon juice
- 1/3 cup olive oil, preferably Greek
- 1/4 cup yellow mustard
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 2 pounds Yukon Gold potatoes
- 1/2 cup water

INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat the oven to 425°F. Coat a 9x13-inch baking dish with cooking spray.
2. Coarsely chop 4 garlic cloves and place in a large bowl. Add 1/2 cup lemon juice, 1/3 cup olive oil, 1/4 cup yellow mustard, 2 teaspoons dried oregano, 1 teaspoon kosher salt, and several grinds of black pepper, and whisk to combine.
3. Cut 2 pounds Yukon Gold potatoes into 1-inch thick wedges, add to the bowl, and toss to combine. Pour everything into the baking dish and spread into an even layer. Pour 1/2 cup water over the potatoes. Cover the baking dish tightly with aluminum foil.
4. Bake until the potatoes are fork tender, about 1 hour. Uncover and bake until the liquid is evaporated, and the potatoes begin to brown, 15 to 20 minutes more.

Mushroom Tips from Haw River Mushrooms

General Cooking Tips

Are you intimidated by the thought of cooking mushrooms? You aren't the only one! Kick the anxiety to the corner with some simple tips on releasing the flavor and beneficial components of mushrooms.

Between lots of cooking experiences, garnering tips from our farm-to-table chefs, and digging through a few of our favorite mushroom cookbooks, here's the top three tips we'd suggest to customers hoping to ace their mushroom sauté game:

- **Lower Heat, Longer Cooking Time:** Most mushrooms are about 75% water (don't worry - they're packing plenty of nutrition and flavor in that other 25%). This makes them pretty stinking difficult to burn. That said, to bring out a decadent caramelization that will make its taste and texture shine, you want to stick to a mid-level heat (stoves are so different, on our gas top we aim for level 4). Plan to let 'em sit for at least 10 minutes, but the beauty of the lower heat, longer cooking is that you don't have to worry about burning them, so go ahead and throw your mushrooms on while you do your other dinner prep. Get in touch with your inner Beate and Let. It. Be. Give 'em a flip about halfway through their cooking time.
- **Don't Salt Until the End:** The key to caramelizing (mmmmm,delicious) rather than steaming (hmmmm, "sus") mushrooms is to keep the water content down. One key to this is to not add salt until the end, just for flavor. Salt will release the mushroom's liquids. (Occasional exception - if you're starting with a dry pan (no oil/butter), some chefs will add a little salt rather than adding broth or fat to get the cooking process started).
- **Don't Crowd the Pan:** In these COVID times we've all gotten used to wanting our space, but mushrooms have been that way since before it was cool. Use a big enough pan so that the mushrooms aren't right on top of each other or cook them in batches. This comes back down to the amount of water in mushrooms and wanting them to have space to let some of that steam off and the caramelization to set in.
- **Bonus Tip:** Look at you, ya overachiever reading all the way to the end! Here's a bonus tip (don't tell the folks who stopped at bullet (1)). When you're done cooking, you can deglaze that caramelized goodness by adding a quarter cup of stock or wine. Sooo good. Season to taste with herbs, salt, pepper, soy sauce or butter. Serve them as a standalone side or mix in with sauteed seasonal greens or veggies for healthy crowd-pleasing side

Crispy Pan Fried Oyster Mushrooms

4 large oyster mushrooms or eight small, broad oyster mushrooms
Olive oil
Salt and pepper

Makes: 4 servings



1. Mushroom selection is key: select mushrooms with broad, flattened caps so they do not split as much. Ask at your local farmer's market for older, flatter oysters.
2. Prepare the mushrooms by removing as much of the stem as possible. Save the stems to add into a gravy, sauce, or stirfry!
3. Add about two tablespoons of olive oil to your pan. Heat the olive oil on medium high.
4. Take the oyster mushrooms and place them cap side down in the hot oil. With a large spatula, very gently press the mushroom flat. It will split a little at the edges and base. Continue pressing it occasionally as it cooks so that the mushroom is as flat as possible.
5. Cook for about three minutes, or until the edges of the mushroom turn brown.
6. Gently flip the mushroom so that the gills are now down in the oil. Press with your spatula again, keeping the mushroom as flat as possible. Cook for 2 minutes.
7. Remove the mushrooms from the oil and let them drain gill-side down on a paper towel.
8. Serve on top of steaks or under pasta for a dramatically beautiful and delicious crunchy bite!



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.

Here's a cherry tomato recommendation from PlumFresh member Gail Wall. She says that she has to make this at least once every summer.

CHERRY TOMATO GALETTE

Source: [Cherry Tomato Galette recipe](#) | [Kitchen Vignettes](#) | [PBS Food](#)

Ingredients

For the Pastry:

1 1/4 cup unbleached white flour chilled in the freezer for 15 minutes (I used spelt and it worked beautifully)

1/4 tsp. salt

8 tbsp. (1/2 cup) cold unsalted butter

1/4 cup full-fat yoghurt (if liquidy, drain it first so it is thick and creamy)

2 tsp. fresh lemon juice

1/4 cup ice water

For the Filling:

1/2 cup ricotta cheese

1/2 cup grated parmesan

About 1 pound of cherry tomatoes, halved

1 tbsp. olive oil

Freshly minced basil for garnish (4 or 5 basil leaves)

Salt and pepper, to taste

For the Glaze:

1 egg yolk

1 tsp. water

Directions

1. First, make sure your flour and butter are chilled. In a medium mixing bowl, mix the flour and salt together, then cut the butter into the flour with a pastry blender, a food processor, or two knives, until the butter is evenly distributed with the largest chunks about the size of peas (these chunks of butter are what will give your crust its delightful flakiness). In a small bowl, mix together the ice cold water, cold yoghurt, and 2 teaspoons of lemon juice. Pour this mixture into the flour. With a wooden spoon, gently mix together, just until you can get it into a ball. It doesn't have to be perfectly mixed, you want to avoid overworking the dough. Flatten the ball into a disc and wrap in plastic or parchment paper and chill in the fridge for at least 1 hour.
2. On a floured surface, using a floured rolling pin, roll the chilled dough into a large round about 12 to 14 inches wide and between 1/8 to 1/4 inch thick. Place the rolled-out dough on a piece of parchment paper on a large baking sheet. (You may find it easier to handle the dough if you roll it out directly onto the floured piece of parchment paper).
3. In a small bowl, mix the ricotta and grated parmesan together. Crumble and spread this mixture onto your dough, leaving a 2-inch border all around. Place your halved tomatoes, cut-side up, tightly together to fill the circle, leaving the 2-inch border intact. Fold the border edges of the dough inwards so that the tomatoes are encased by dough around the edges but exposed in the center. Brush the edges with the egg yolk glaze. Season with salt and pepper if you wish and drizzle the olive oil on top of the tomatoes.
4. Bake in a 375 F oven for about 45 minutes or until crust is golden.
5. Remove from the oven, let it cool for a few minutes before sprinkling shredded basil on top. Slice and serve.

Thanks to PlumFresh member Kara Yates for sharing this recipe. She says it calls out for our garlic!

Source: *Rabbit and Wolves* ([Vegan Roasted Garlic Mushroom and Barley Stew - Rabbit and Wolves](#))

Vegan Roasted Garlic Mushroom and Barley Stew

A whole bulb of roasted garlic is added to this amazing, healthy and easy mushroom and barley stew. So comforting!

Course: Main Course, Soup Servings: 4 Author: Lauren Hartmann



4.97 from 33 votes

Ingredients

- 1 Large bulb of Garlic
- 1 Tablespoon + 2 Teaspoons Olive oil, divided
- 20 Ounces Mushrooms, I used half baby bella and half button
- 3 Large Carrots
- 1/2 Cup Pearl Barley
- 4 Cups Vegetable broth
- 1 Tablespoon Soy sauce or liquid aminos
- 1/2 Teaspoon Thyme, dried
- 1/2 Teaspoon Rosemary, dried
- 1 Tablespoon Apple cider vinegar
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400 degrees. Cut the top off the bulb of garlic, exposing the tops of all the garlic cloves. Place the bulb of garlic on to a sheet pan. Drizzle the top with about 2 teaspoons of olive oil and a pinch of salt and pepper.
2. Roast the garlic at 400 degrees for about 30-40 minutes, until the garlic is very soft and very brown. Remove from the oven and set aside.
3. While the garlic is roasting, cut the mushrooms into large chunks, I usually quarter mine. Then chop the carrots.
4. When the garlic is close to being ready, heat the remaining 1 tablespoon of olive oil in a large soup pot on medium high.
5. Then add the mushrooms and carrots, saute, reducing heat as needed, until the mushrooms have released their liquid and are starting to brown. Season with a pinch of salt and pepper.
6. Next, when the garlic is ready, squeeze all of the roasted garlic cloves out of the peel and into the pot with the mushrooms and carrots. Stir to combine.
7. Now, pour the vegetable broth, soy sauce and apple cider vinegar into the pot. Stir to combine. Then add the dried thyme and dried rosemary.
8. Bring the stew to a simmer, then pour the barley into the pot. Season with another pinch of salt and pepper. Continue to simmer on medium low until the barley is cooked. Check the package for timing. I like to use parboiled barley, which only takes 10-15 minutes, but regular barley takes about 30-45 minutes.

9. Once the barley is soft, taste the stew and adjust seasoning. Serve immediately with fresh herbs on top if you want.

Notes

Trader Joe's has parboiled barley that makes things way quicker if you can find any brand of parboiled barley.

You can roast the garlic in aluminum foil if that is how you are used to doing it, I just wanted to test an alternative, in case you don't like cooking with foil.