



PlumFresh Harvest Subscription

Season 7, Week 21

Saturday, October 15, 2022

Fall is definitely making its presence known. And next week will feel like we are squarely in Winter. Hoping that the projected lows aren't as dire as some of the predictions that I've seen -- but 25-29 degrees is cold! We move from the "Frost" designation to "Freeze!" Our tomatoes aren't viewing that prediction very kindly!

We got a head start on clearing the field tomatoes this week, but we'll likely be removing all of them next week. At least we have the tomatoes in a high tunnel. Now the task is to make sure that we can secure the doors well enough to prevent cold air from penetrating. The doors are pretty beat up after Ian and other storms before it.

It feels like our fall crops are crawling along. The snow peas are finally getting tiny little peas on them and the mini-broccoli is starting to head but the kohlrabi and chard are super slow. We know that we have some critter pressure (suspect: rabbit) but still... so s-l-o-w!

Next week we will harvest sweet potatoes – which is something that I always look forward to doing. After harvest, we'll have to wait a week or so for them to cure. We project that they will land in your bag by the end of October/first week of November – fingers crossed!

This week's menu includes:

- Farmers Choice Tomatoes: *Slicers: Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Valencia; Saladette: Clementine, Sunrise Bumble Bee, Purple Bumble Bee and Verona; Fruits: Valentine, Red Pearl, Chocolate Drop, Cherry Blossom, Citrine, Jasper, Lollipop*
- Lunchbox Peppers
- Butternut Squash from Harmony Ridge Farms
- Collards from Felsbeck Farm

Members Choice

- Apples from Levering Orchard – *Stayman*
- Herb: Italian Flat Leaf Parsley
- Herb: Rosemary
- Eggplant – *Annina, Little Finger, Rosa Bianca*
- Chile Peppers – Mild, Medium and Hot
- Hot Peppers: *Jalapeño, Serrano*
- Aji Dulce Peppers
- Shishito Peppers
- Sunflower Shoots/Microgreens Mix
- Fruit Tomatoes Mix
- Saladette Tomatoes Mix
- Valentine Tomatoes
- Kabocha Winter Squash
- Red Kuri Winter Squash

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!
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Butternut 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.
- **Collards** should be stored in plastic bags in the refrigerator.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **Store apples** in the refrigerator in a plastic bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Shoots/Micros** store well in their plastic bag. Please wash them and spin dry before eating!
- 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.

Things to know + How do I use this stuff?

- **Butternut squash** have always been one of Cheryl's favorite winter squashes. Her dad used to grow them just for her. We roasted the squash last night and it was delicious! The flesh was sweet and tasty and didn't even need any butter – just a pinch of salt did the trick. Yummmmmm!
- Winter squash are 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. Butternut has tan skin and a shape like a peanut. It has bright orange flesh and is one of the sweetest squashes.
- Baking and roasting are the best ways to prepare them, since this method caramelizes the natural sugars and concentrates the flavors. To bake, slice in half lengthwise, scoop out seeds, spray with olive oil and place facedown on cookie sheet. 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 other fillings. Another method is to bake, slice in half lengthwise, scoop out seeds, and place facedown in a roasting pan and 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.
- You can also peel and cube squashes such as butternut, then toss the cubes with olive oil, salt, and pepper. Roast at 385°F, turning once, until caramelized and tender.
- Winter squash also 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!



The Easiest Way to Break Down Butternut Squash

Bulbous, fibrous squash can be intimidating to prep: But we've devised a failsafe method.

Don't be daunted by butternut squash's bulbous shape and dense flesh. Follow our method, and you won't need to buy precut squash ever again.

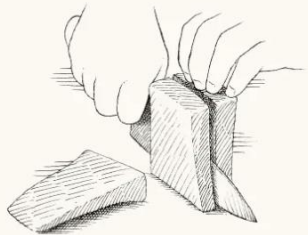


1. Trim and Peel : Holding sharp chef's knife with pinch grip, position front part of blade on squash about 1/4 inch from stem end. Push down and forward, using length of blade to cut through stem end. Rotate squash 180 degrees and repeat with bottom. Use vegetable peeler to peel skin.

TIP: For silky cooked squash, peel the white fibrous flesh just below the skin (about an 1/4-inch-thick layer) until the squash is completely orange.



2. Divide: Holding bulb with 1 hand and continuing with pinch grip, cut in half where neck and bulb meet.



3. Cut Neck: Stand neck on 1 cut end for stability. Holding piece steady, place tip of knife on squash and apply gentle downward pressure to create even-size planks; thickness will depend on recipe. Rotate planks and cut into even-size pieces according to recipe.

TIP: If the squash neck is longer than 6 inches, cut it in half crosswise to create more-manageable pieces.



4. Deseed Bulb: Stand bulb on 1 cut end for stability. Holding piece steady, apply gentle downward pressure to cut in half. Use spoon to scoop out seeds.



5. Cut Bulb: Place each half cut side down. Hold squash with claw grip. Slice squash into even-size wedges according to recipe. As you cut, angle knife and follow curve of squash so each slice is an even thickness. (Knife blade won't be perpendicular to cutting board.) Rotate slices and cut into even-size pieces according to recipe.

From Cook's Illustrated: [The Easiest Way to Break Down Butternut Squash | Cook's Illustrated \(cooksillustrated.com\)](https://cooksillustrated.com/recipe/the-easiest-way-to-break-down-butternut-squash/)

UPDATE! New tip from Cook's Illustrated! When you peel your butternut, make sure to get down to the pumpkin-orange interior of the squash. The fibrous flesh (~1/8 inch) just below the skin of the squash will keep it from roasting up tender from edge-to-edge. Just give it a few extra swipes with the peeler. Make sure that you don't have tough edges to your squash by taking this advice. Silky squash ahead!

ROASTED BUTTERNUT SQUASH WITH BROWNED BUTTER AND HAZELNUTS

Source: *Cook's Illustrated*, January/February 2014

SERVES 4 to 6
TIME 1½ hours

Notes from Cook's Illustrated: Taking a cue from famed chef Yotam Ottolenghi, we sought to create a savory recipe for roasted butternut squash that was simple and presentation worthy. We chose to peel the squash thoroughly to remove not only the tough outer skin but also the rugged fibrous layer of white flesh just beneath, ensuring supremely tender squash. To encourage the squash slices to caramelize, we used a hot 425-degree oven, placed the squash on the lowest oven rack, and increased the baking time to evaporate the water. We also swapped in melted butter for olive oil to promote the flavorful Maillard reaction. Finally, we selected a mix of toppings that added crunch, creaminess, brightness, and visual appeal.

SQUASH

- ☐ 1 large (2 1/2- to 3-pound) butternut squash
- ☐ 3 tablespoons unsalted butter, melted

- ☐ ½ teaspoon salt
- ☐ ½ teaspoon pepper

TOPPING

- ☐ 3 tablespoons unsalted butter, cut into 3 pieces
- ☐ ⅓ cup hazelnuts, toasted, skinned, and chopped coarse

- ☐ 1 tablespoon water
- ☐ 1 tablespoon lemon juice
- ☐ Pinch salt
- ☐ 1 tablespoon minced fresh chives

BEFORE YOU BEGIN

For plain roasted squash omit the topping. This dish can be served warm or at room temperature. For the best texture it's important to remove the fibrous flesh just below the squash's skin.

1. **FOR THE SQUASH:** Adjust oven rack to lowest position and heat oven to 425 degrees. Using sharp vegetable peeler or chef's knife, remove skin and fibrous threads from squash just below skin (peel until squash is completely orange with no white flesh remaining, roughly 1/8 inch deep). Halve squash lengthwise and scrape out seeds. Place squash, cut side down, on cutting board and slice crosswise 1/2 inch thick.
2. Toss squash with melted butter, salt, and pepper until evenly coated. Arrange squash on rimmed baking sheet in single layer. Roast squash until side touching sheet toward back of oven is well browned, 25 to 30 minutes. Rotate sheet and continue to bake until side touching sheet toward back of oven is well browned, 6 to 10 minutes. Remove squash from oven and use metal spatula to flip each piece. Continue to roast until squash is very tender and side touching sheet is browned, 10 to 15 minutes longer.
3. **FOR THE TOPPING:** While squash roasts, melt butter with hazelnuts in 8-inch skillet over medium-low heat. Cook, stirring frequently, until butter and hazelnuts are brown and fragrant, about 2 minutes. Immediately remove skillet from heat and stir in water (butter will foam and sizzle). Let cool for 1 minute; stir in lemon juice and salt.
4. Transfer squash to large serving platter. Drizzle butter mixture evenly over squash. Sprinkle with chives and serve.

MISO-BUTTER PASTA WITH BUTTERNUT SQUASH

Yasmin Fahr, NY Times Cooking [Miso-Butter Pasta With Butternut Squash Recipe - NYT Cooking \(nytimes.com\)](https://www.nytimes.com/2018/09/18/cooking/recipe-idea/miso-butter-pasta-with-butternut-squash-recipe.html)

- **YIELD:** 4 servings
- **TIME:** 35 minutes

A true love match, miso and butter create a simple yet deeply flavorful pasta that hits all the right notes: sweet, salty and savory. Smashed garlic cloves roast with the squash to gently flavor it, then become silky-soft treasures you'll discover while eating. Finishing the dish with lime cuts through the richness of the butter, but you can use lemon, too. Try using other vegetables like eggplant, pumpkin or carrots to make this dish your own.

INGREDIENTS

- 2 tablespoons unsalted butter, at room temperature
- 2 teaspoons white miso
- 3 to 5 large garlic cloves, smashed
- 2 ½ pounds butternut squash, peeled and cut into 1/2-inch cubes (see Tip)
- 1 tablespoon olive oil, plus more as needed
- Kosher salt and black pepper
- 1 pound mezze rigatoni or other short pasta
- ½ cup grated Parmesan, plus more for serving
- 1 lime, zested and juiced (2 teaspoons zest, 2 tablespoons juice)
- ¼ teaspoon red-pepper flakes (optional)

PREPARATION

1. Heat the oven to 450 degrees. On a sheet pan, mash together the butter and miso. Add the garlic and squash, drizzle with 1 tablespoon olive oil, and toss to coat with the miso-butter mixture. Sprinkle 1 teaspoon salt and season with pepper. Cook until easily pierced with a fork and the raw taste is gone, 25 to 30 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta, adjusting the heat to maintain a gentle boil, and cook until just shy of al dente. Reserve 1 cup pasta water, then drain the noodles. If done before the squash, drizzle with olive oil to prevent the noodles from sticking together. Leave in the sink to drain.
3. When the squash is done, return the pasta to the pot over low heat. Scrape in squash, garlic and any liquid that accumulated, then add the Parmesan and 1/2 cup pasta water, stirring well until the noodles have a light sheen to them. If it appears dry, add more pasta water a tablespoon at a time until you reach your desired consistency. Stir in the lime zest and juice, season to taste with salt, and top with pepper and red-pepper flakes, if using. Serve with extra cheese.

Tip

- *Peeling and cutting the squash is the hardest and most time-consuming part of this recipe, so you can make it easier by using pre-cut squash or by softening the skin before cooking. To do so, trim the ends, prick the skin all over with a fork and microwave for 3 to 3 ½ minutes. This softens the skin and flesh — without cooking it too much — to make it easier to cut. Hold the squash with a kitchen towel, then use a vegetable peeler to remove the skin, and continue to cut from there.*

BUTTERNUT SQUASH SOUP

Source: Reedy Fork Farm

Prep Time: 5 minutes

Cooking Time: 15 minutes

Ingredients

- 1 Tbsp olive oil
- 1 clove garlic minced
- ½ cup chopped onion
- 1 teaspoon fresh sage chopped
- ½ teaspoon salt
- 1/8 teaspoon ground black pepper
- 3 cups fat-free chicken broth
- 1 ½ pounds butternut squash peeled, seeded, cubed
- parmesan cheese for garnish

Directions

1. Add oil, garlic, sage and onion in a large stockpot over medium heat
2. Saute for 3-4 minutes
3. Add squash and broth and bring to a boil
4. Cover, reduce heat and simmer for 20 minutes or until squash has a tender consistency
5. Use stick blender to lightly puree, leaving some chunks, or puree half of the soup in a food processor or blender and return to pot
6. Garnish with parmesan cheese and more fresh sage

Butternut Apple Cranberry Sandwich

Author: Jeanine Donofrio

Serves: 4

Ingredients

For the squash

- 1 butternut squash, sliced into 8 ¼-inch planks (this is easiest if you get a thick-neck squash and use just the top half)
- Extra-virgin olive oil, for drizzling
- ½ teaspoon minced rosemary
- Sea salt and freshly ground black pepper

For the cabbage

- 2 cups shredded red cabbage
- ½ cup apple cider vinegar
- ½ teaspoon maple syrup
- Sea salt and freshly ground black pepper

For the sandwiches

- 8 slices of bread
- Dijon mustard, for slathering
- 4 slices white cheddar
- 1 apple, thinly sliced
- 2 tablespoons dried cranberries
- Few handfuls of arugula
- Mayo, for slathering

Instructions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Toss the squash planks with drizzles of olive oil, the rosemary, and sprinkles of salt and pepper. Roast 17 to 20 minutes or until golden brown around the edges.
2. In a medium jar, place the cabbage, apple cider vinegar, maple syrup, and pinches of salt and pepper. Cover and gently shake.
3. Assemble the sandwiches with a slather of mustard, a slice of cheese, a few apple slices, 2 butternut squash planks, the cabbage, cranberries, and arugula. Slather the second slice of bread with mayo and top it onto the sandwich.

Recipe by Love and Lemons at <https://www.loveandlemons.com/butternut-apple-cranberry-sandwich/>



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
- 3/4 lb. fresh collards [NOTE: You have 1 pound]
- 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.

MORE COLLARD IDEAS

- Boiled or pan-steamed greens are tasty seasoned with onion, garlic, and plenty of chopped fresh herbs such as mint, dill, and basil.
- Sauté collards with tofu, garlic, and red pepper flakes for a quick, nutritious, vegetarian meal.
- Serve collards with beans—especially black-eyed peas. An avant-garde approach to spring rolls and sushi: cooked collard greens with black-eyed peas and brown rice.
- Add chopped collards to soups and stews.
- These greens go especially well with ham, bacon, and pork fatback. Sauté chopped greens with a little bacon fat or a hunk of salt pork, sugar, and pepper. Splash liberally with hot pepper vinegar just before serving.
- The liquid left after slow-cooking collards with pork is extremely nutritious and delicious—it's the famed "pot liquor." Drink this broth on its own as a savory soup or use it as you would vegetable stock.
- Try a vegetarian stew of collard greens, cabbage, sweet bell peppers, garlic, onions, mushrooms, tomatoes, and hot red peppers, seasoned with molasses, vinegar, and seasoned salt.
- Collards work well in most recipes calling for kale.