



PlumFresh Harvest Subscription

Season 7, Week 22

Wednesday, November 2, 2022

How did November get here? Yikes! It's hard to believe that we are in the final two months of 2022. And to bring it a bit closer home, after this week's bag, there are only TWO more weeks of the PlumFresh season! Don't forget that our last bag will be on **Wednesday, November 16**.

There are some super good items in future bags for you – Our famous Garlic Powder, frissé, escarole, cilantro, dill, fennel, kale, swiss chard and MORE!

And don't forget to let us know if you are able to come to our **annual Garlic Cracking Party on Sunday, November 13 from 1-3 p.m.** This is so much fun! Plus, it is how we get ready to plant our amazing garlic. No heavy lifting, bending or squatting required – just sit around and break the garlic into cloves! We'll enjoy each other's company, sip some hot cider, and celebrate the end of the season while we dream of next year's crops! What a fitting conclusion to the year!

This week's menu includes:

- Sweet Potatoes - *Garnet*
- Snow Peas – *Blizzard*
- Winter Squash – Red Kuri from Harmony Ridge Farms
- Collards from Felsbeck Farms

Small Bags

- Italian Flat Leaf Parsley
- Fruit Tomatoes Mix -- *Cherry Blossom, Chocolate Drop, Citrine, Lollipop, Red Pearl, Valentine*

Regular Bags

- Mini-Broccoli – *Noble Jade and Happy Rich*
- Farmers Choice Tomatoes: Slicers: *Estiva, Franchi Red Pear, Ken's New Zealand Pear, Martha Washington, Striped German, Hawaiian Pineapple, Valencia*; Sauce: *San Marzano, Amish Paste*
- Lettuce – *Mini Romaine*

• Members Choice:

- Apples from Levering Orchard – *Spartan and Stayman*
- Arugula
- Eggplant – *Annina, Little Finger, Rosa Bianca*
- Garlic: *Chesnok Red and Music*
- Kale
- Pac Choi -- *Bopak*
- Green Chile Peppers – Poblano, Mild, Medium
- Hot Peppers: *Jalapeño*
- Lunchbox Sweet Peppers
- Sweet Pepper Mix – *Corno di Torro, Sweet Bells, Jimmy Nardello Sweet Italian Frying Pepper*
- Aji Dulce and Shishito Peppers
- Sunflower Shoots
- Swiss Chard
- Butternut from Harmony Ridge Farms
- Kabocha Winter Squash from Farmer Kip

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!
- **Sweet Potatoes** should be stored in a cool, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.
- **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.
- **Snow Peas** store well in their plastic bag.
- **Collards and Mini-Broccoli** store well in plastic bags in the crisper drawer of your fridge.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **Lettuce** should be stored in its plastic bag in the crisper. Don't wash it until ready to use.
- **Parsley** stores well in a glass of water in the refrigerator.

Things to know + How do I use this stuff?

- This week's **sweet potatoes** are Garnet, which is the more savory of the three varieties we grow. They are really delicious! Just a simple roast in the oven creates a truly amazing thing to eat. We hope you enjoy these beauties!
- **Mini Broccoli** is more tender than regular broccoli, and has a milder flavor. The entire vegetable (stems, leaves, florets) is edible, and some people say it tastes similar to regular broccoli and asparagus. There is a sweetness to this broccoli that you won't find in regular broccoli. We hope you enjoy this special treat!
- **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!



Recipes

RED KURI WINTER SQUASH

For additional recipes, please see the September 17th or 21st *PlumFresh* Newsletters!

CURRIED LENTIL, SQUASH AND APPLE STEW

Curried Lentil, Squash and Apple Stew

OCTOBER 21, 2022

Hearty and leftovers great for a few days from the fridge.

cooking.nytimes.com

Ingredients

- 2 Tbsp Olive Oil
- 1 Onion, diced
- 1 Carrot, diced
- 3 cloves Garlic, minced
- 1 tsp grated Ginger, fresh or frozen
- 1 tsp Curry Powder
- 1 1/2 tsp Salt
- 1/2 cup dried Lentils
- 2 1/2 cups Vegetable Broth
- 2 Tbsp Tomato Paste
- 3 cups Butternut Squash, 1/2 inch cubes
- 1 large Apple, diced
- 1 bag baby Spinach or other tender greens

Directions:

- In a large pot, heat oil over medium-high heat, and sauté onion and carrot until almost soft. Add garlic, ginger, curry and salt, and let cook 30 seconds until fragrant
- Stir in lentils, broth and tomato paste. Bring to boil, cover and simmer for 25 minutes. Add squash and apple, cover and simmer for another 25 minutes, or until vegetables and lentils are tender.
- Remove lid and stir in spinach until wilted. Add salt to taste and serve.
- Enjoy!

CREAMY RED KURI SQUASH SOUP

Source: Sweetwater Community Organic Farm

[Creamy Red Kuri Squash Soup | Sweetwater Organic Farm \(sweetwater-organic.org\)](http://sweetwater-organic.org)

Creamy Red Kuri Squash Soup

☆☆☆☆☆ (No Ratings Yet)

- 4 heaping cups coarsely diced kuri squash seeds and skin removed (buy a 2 -3 pound kuri squash)
- 1 quart vegetable stock
- 3 tablespoons olive oil
- 1 medium yellow onion, sliced
- 1 sweet apple, cored and sliced
- 1 teaspoon ground cinnamon
- – Pinch of cayenne pepper
- 1-2 teaspoons salt
- ½ teaspoon freshly ground pepper

Directions:

Place the squash in a soup pot with the stock and a dash of salt and bring to a boil on medium high heat. Simmer, covered, until tender, about 15 minutes.

Drain the squash, reserving all the stock.

Using the same pot, over high heat add 2 tablespoons of the olive oil. Add onion and saute until it begins to brown, about 10-15 minutes.

Add the apple, cinnamon, cayenne, and a dash of salt and saute until the apples are soft and lightly browned, about 5-8 minutes.

In batches, if necessary, combine the squash, onion, apple, and stock in a blender. Puree until smooth, adding the remaining tablespoon of olive oil as it blends. Add a little extra stock or water if the soup is too thick.

Taste and season with salt. Serve hot with a few grinds of black pepper.

From: Lucid Food: Cooking for an Eco -Conscious Life

Sweet potato season is always a joy around here! We look forward to the myriad of soups and casseroles that we can make with this magical veggie. Here is one of our favorite soup recipes along with some stuffing options that you might not have thought about courtesy of Love & Lemons.

PEANUT TOFU SOUP (a variation of African Peanut Soup)

Serves 4 as main course or 6 as starter.

From the Authors of the Recipe: *This dish is easy to make (it's a one pot meal) and can serve as a hearty main dish or a starter to an Asian-inspired meal. The tofu and brown rice add texture to the silky soup while the peanut butter adds flavor and creaminess. Even if you, or those you are cooking for, don't like tofu, add it for the texture and protein (you can also puree it with the rest of the soup to hide it). Next time you are in the mood for something warm and easy, give this soup a try and see why it is one of our favorites.*

Source: <http://www.itsnotabouttherecipeblog.com/2012/02/peanut-tofu-soup.html> Adapted from Deborah Madison

- 2 tbs vegetable oil
- 2 onions, diced
- 2 tsp. chopped fresh ginger
- 2 sweet potatoes, cut into 1 inch cubes
- 3 large garlic cloves, minced
- Salt and pepper
- 1/4 tsp cayenne or red pepper flakes
- 1 can crushed tomatoes
- 5 cups vegetable stock or water
- 3/4 cup peanut butter
- 1/2 lb tofu, diced into 1/4 inch cubes
- 2 cups cooked brown rice
- 1 cup scallions, sliced

Heat oil over high heat in a large heavy pot. Add onions, ginger, and sweet potato and sauté about 8 minutes until the onion starts to brown. Add garlic after five minutes. Add 1 tsp of salt, some ground pepper, and the cayenne pepper. Cook for two more minutes. Add the tomatoes and use the juice to scrape the brown bits off the bottom of the pan. Add the vegetable stock or water, bring to a boil, cover, lower the heat, and simmer for 25 minutes.

Add the peanut butter and stir until dissolved. Puree the soup until smooth using an immersion blender or in batches in a blender. Add the tofu and cook until tofu is heated through. Serve with brown rice on the side or in the bottom of the bowl. Top with scallions.

Baked Sweet Potato Recipe

Cook time

40 mins

Total time

40 mins

A basic baked potato recipe. Choose 1 of 4 filling options to make quick, easy, vegetarian, stuffed sweet potatoes.

Author: Jeanine Donofrio

Serves: 2 to 8

Ingredients

- 2 to 8 sweet potatoes (each variation will stuff 2 potatoes)
- Filling: choose from the four recipes below

Instructions

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



Greek-ish Stuffed Sweet Potatoes

A light Greek-inspired quinoa salad packs stuffed sweet potatoes with protein and bright lemon flavor.

Author: Jeanine Donofrio

Serves: filling for 2 sweet potatoes

Ingredients

- ½ cup cooked quinoa
- ½ cup finely chopped spinach
- 2 tablespoons crumbled feta
- 2 tablespoons chopped red onion
- ½ teaspoon extra-virgin olive oil, more to taste
- 1 teaspoon fresh lemon juice
- ¼ clove minced fresh garlic
- ¼ teaspoon sea salt
- Freshly ground black pepper, to taste
- dollops of [Tzatziki Sauce](#)

Instructions

1. Make the filling: In a medium-small bowl, mix together the quinoa, spinach, feta, red onion, olive oil, lemon juice, garlic, salt, and pepper. Adjust seasonings to taste. (I like to slightly over-season my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with scoops of tzatziki.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



Fall Harvest Stuffed Sweet Potatoes

My favorite filling for a baked sweet potato, this tangy and bright fall salad is full of crunch and flavor.

Serves: filling for 2 sweet potatoes

Ingredients

- 12 Brussels sprouts, coarsely shredded
- ½ gala apple, diced
- 1 radish, sliced into matchsticks
- ¼ cup crumbled feta
- 1 tablespoon chopped dried cranberries
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon apple cider vinegar
- ¼ teaspoon sea salt, more to taste
- freshly ground black pepper, to taste

Instructions

1. Make the filling: In a medium bowl mix together the Brussels sprouts, apple, radish, feta, cranberries, olive oil, apple cider vinegar, salt, and pepper. Season to taste. I like this one to really pop with the vinegar so that the flavors stand up to the whole sweet potato. Also, this is the only potato without a sauce, so make sure your salad filling is not dry.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Scoop in the filling and season to taste.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



Curry Spiced Stuffed Sweet Potatoes

This yummy curry-spiced filling makes the coziest healthy dinner inside of a baked sweet potato!

Serves: filling for 2 sweet potatoes

Ingredients

- 1½ cups cooked chickpeas, drained and rinsed (makes extra)
- extra-virgin olive oil, for drizzling
- sea salt and freshly ground black pepper
- ½ teaspoon curry powder
- 4 large kale leaves
- ¼ cup chopped cilantro

turmeric-yogurt sauce

- 3.5 ounces Greek yogurt
- 1 teaspoon fresh lemon juice
- ½ teaspoon extra-virgin olive oil
- ½ clove minced garlic
- ¼ teaspoon turmeric or curry powder
- ¼ teaspoon sea salt

Instructions

1. Make the filling: While the sweet potatoes bake, spread the chickpeas on a separate baking sheet, drizzle them with olive oil and pinches of salt and pepper, and roast for 25 minutes or until golden brown and crispy around the edges. Remove the chickpeas from the oven and while they are still hot, toss them with the curry powder. Set aside until ready to use.
2. Make the sauce: In a small bowl, combine the yogurt, lemon juice, olive oil, garlic, turmeric, and salt. Chill until ready to use.
3. Just before the sweet potatoes are done, place the kale leaves into the oven on the same baking sheet and cook for 2 to 3 minutes, or until wilted. Remove, chop, and set aside.
4. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Stuff with some of the chickpeas, the chopped kale, and the cilantro. Top with a scoop of sauce and serve with the remaining sauce on the side.
5. Save extra chickpeas for snacking.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



Sweet Potato Burrito

This Mexican-inspired salad makes a perfect filling for stuffed sweet potatoes. One of my go-to weeknight dinners. Vegan.

Serves: filling for 2 sweet potatoes

Ingredients

- 1 cup shredded red cabbage
- ½ cup cooked black beans
- a few slices of serrano or jalapeño pepper
- 1 tablespoon toasted pepitas
- ½ teaspoon extra-virgin olive oil
- 1 teaspoon fresh lime juice
- ¼ teaspoon chili powder
- ¼ teaspoon sea salt
- ¼ cup salsa, for serving

quick guac:

- 1 small avocado
- 2 teaspoons fresh lime juice, or to taste
- ¼ teaspoon sea salt, or to taste

Instructions

1. Make the filling: In a medium-small bowl, mix together the cabbage, black beans, serrano, pepitas, olive oil, lime juice, chili powder, and salt. Adjust seasonings to taste. (I like to slightly overseason my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Just before serving, make the guac: Use the back of a fork to mash together the avocado, lime juice, and salt.
3. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with the guac. Serve with the salsa on the side.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>

