



## *PlumFresh* Harvest Subscription

Season 7, Week 24

Wednesday, November 16, 2022

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 2022, 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 2023. 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.

This week's bag has some special things for your Thanksgiving enjoyment: Green Tomato Salsa Kit (perfect as an appetizer watching the big games on Thanksgiving Day), Celery/Rosemary bundle (perfect for your Thanksgiving stuffing), STRAWBERRIES (need we say more? We've been saving these for you!), a new batch of our coveted Garlic Powder and Sweet Potatoes (we wish we had more – but you are getting all that we have!)

This week's menu includes:

- Celery and Rosemary Bundle
- Garlic Powder – *Music*
- Green Tomato Salsa Kit: Green Tomatoes, Cilantro, Garlic (Red Toch – mild), Jalapeño or Serrano Peppers, Lunchbox Peppers
- Lettuce – *Nancy or New Red Fire*
- Snow Peas – *Blizzard*
- Strawberries – *Chandler*
- Sweet Potatoes – *Bayou Belle*
- Collards – *Cash Crop*
- Escarole -- *Eros*
- Fennel – *Fino*
- Ginger Powder
- Herbs – Dill, Italian Parsley and Rosemary
- Kale
- Kohlrabi -- *Azur Star*
- Microgreens – *Blaze Mix*
- Mushrooms – *Lion's Mane*
- Pac Choi -- *Bopak*
- Hot Peppers: *Cayenne*
- Aji Dulce or Shishito Peppers
- Roasted Green Chile
- Sunflower Shoots
- Sweet Pepper Mix – *Bells, Lipstick, Corno di Toro (Red and Yellow)*
- Fruit Box Tomatoes
- Red Kuri Winter Squash from Harmony Ridge Farms

### Regular Bags

- Bunching Onions -- *Nabechan*
- Frissé -- *Curlesi*
- Garlic – *Georgian Crystal or Red Toch*
- Swiss Chard OR Mini-Broccoli

### Member Choice

- Cooking Apples from Levering Orchard
- Beets – *Boro and Touchstone Gold*

## 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!
- Put the **Strawberries** in the freezer right away if you are not planning on using them immediately.
- **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.
- Put the **Celery** in a small bag in the crisper – it can also be placed in a jar with about 1" of water in the fridge.
- **Snow Peas, Lettuce, Swiss Chard and Frissé** store well in their plastic bag.
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- Keep unwashed **Frissé** in a perforated plastic bag in the crisper for up to 2 weeks.
- **Tomatoes (both green and ripe)** belong on the counter, stem end down.
- **Take the garlic** out of the Salsa Kit bag and store in a cool, dark place with good ventilation. Do not store in the refrigerator.
- **Mini-Broccoli** stores well in its plastic bag in the crisper.
- **Garlic Powder and Granules** should be stored in a jar or a zip-top bag in the freezer. The freezer environment is drier than our kitchens. The powder/granules will keep well for a year or more.

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

- Our **garlic granules and powders** are made with pure Certified Organic Garlic. Nothing is added. Since there are no anti-caking agents or other additives to keep the garlic from clumping in a humid environment, we suggest storing it in the freezer. The granules are terrific for using in stews, stir-fries or sauces where little pieces of garlic are desirable. The garlic powder is better for times when you want a more uniformly mixed, smoother consistency in your dish.
- Everyone raves about how it is NOT your typical grocery store garlic powder because has real flavor and is much more pungent. A rule of thumb is that 1/8 teaspoon of garlic powder equals 1 clove of garlic. Approximately ¼ teaspoon of granules would equal 1 clove of garlic.
- A member of the chicory/endive family, **Frissé** has thinner, curly leaves with a slightly peppery, bitter taste that makes it a pungent addition to salads. You'll frequently find it in fancy salad mixes. It is the base of a classic French salad with bacon lardons. Try it with a nice creamy dressing. The fat and creaminess of the dressing help to offset any bitterness. See the **Roasted Garlic Dressing** below. It's also a great ingredient in cooked recipes (see below). Cooking mellows its bitterness. Frisee marries well with sweet, sour and salty accompaniments such as orange segments, pomegranate seeds, pears, bacon lardons, garlic, anchovies, poached egg, toasted walnuts, balsamic vinegar and robust creamy cheeses such as blue and goat. It will keep, refrigerated, for one to two weeks.
- **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. The leaves are great sauteed. We hope you enjoy this special treat!
- The **Green Tomatoes** make a wonderful salsa. See the recipe below. When we had this on the menu last year, we got SO many positive comments about it! Definitely give it a try!

We hope you enjoy this week's adventure in fresh, local food! Until next year!



# Recipes

## ROASTED GREEN TOMATO SALSA

Source: Sujatha Muralidhar in: <https://www.pepperbowl.com>

**Green tomatoes aren't something to feel sad about....turn them into a tasty salsa! We gave this a whirl last night, made some tweaks to the recipe and enjoyed a new salsa! Roasting gives the salsa extra depth.**

*Source note: Roasted green tomato salsa is the delicious replica of our favorite Mexican restaurant's dish. This luxurious savory sauce just stops you for a moment. This is tastier than any store-bought salsa verde.*

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| <ul style="list-style-type: none"><li>• 4 green large tomatoes or 8-10 small</li><li>• 1 onion or 2 large bunching onions</li><li>• 1 small sweet pepper (PF add)</li><li>• 1 jalapeño or serrano pepper (could add 2 for more heat)</li><li>• 2-4 cloves garlic</li></ul> | <ul style="list-style-type: none"><li>• 2 T lime juice or to taste</li><li>• 1 T apple cider vinegar (PF add)</li><li>• 4 tbsp cilantro, chopped</li><li>• 1/2 tsp salt or to taste</li></ul> |
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1. Preheat the oven to 400°F.
  2. Slice green tomatoes into 1/2 inch thickness. Slit and deseed jalapeno (if you want less spicy), slice.
  3. In a baking tray, arrange tomato and jalapeno slices and peeled garlic cloves.
  4. Bake for 15-20 minutes or until the edges become brown. Allow to cool somewhat.
  5. In a blender, add roasted tomatoes and jalapeño, onion, lime juice, vinegar, cilantro, sweet pepper and salt.
  6. Pulse until mixture becomes chunky – don't overprocess. Transfer to serving bowl and serve with tortilla chips.
  7. Refrigerate for 3 hours if you want to serve it cold. It is also great at room temperature.

## BAKED CHARD

From Glen & Gwendolyn Nergart – In Season Garden, Danbury

*Cheryl note: I used less butter and anchovy fillets instead of paste. Also used feta cheese crumbles instead of goat cheese. Topped with a few pine nuts with the breadcrumbs.*

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| <ul style="list-style-type: none"><li>• 1 pound chard</li><li>• 1/3 cup melted butter</li><li>• ½ cup lightly salted water</li><li>• 1 tsp. anchovy paste</li><li>• 1 egg</li></ul> | <ul style="list-style-type: none"><li>• dash cayenne pepper</li><li>• 1 cup milk</li><li>• 8 oz. goat cheese</li><li>• ¾ cup toasted breadcrumbs, divided</li></ul> |
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1. Pre-heat oven 350 degrees
  2. Wash and roughly chop chard. Bring water to a boil and simmer chard until wilted. Drain and gently press out excess water.
  3. In food processor or blender combine remaining ingredients and mix thoroughly about 20 sec. Combine with chard and place in one quart casserole. Sprinkle with remaining ¼ cup bread crumbs and bake uncovered in 350 degrees oven for 35-40 minutes.

## ROASTED GARLIC DRESSING

Source: smitten kitchen [roberta's roasted garlic caesar salad – smitten kitchen](#)

- 1 head of garlic
- 3/4 cup plus 1 tablespoon (175 grams) olive oil, plus a splash for the garlic
- 1 garlic clove, peeled
- 2 teaspoons (10 grams) smooth dijon mustard
- 1 1/2 tablespoons (21 grams) white wine vinegar
- 2 tablespoons (28 grams) sherry vinegar
- 2 large egg yolks
- 5 anchovy fillets
- Juice of half a lemon, plus more if needed
- Kosher salt
- Freshly ground black pepper

1. Heat oven to 350°F. Cut a quarter inch off the head of garlic and place the head, cut side up, on a big square of aluminum foil. Drizzle lightly with olive oil. Wrap it tightly in the foil and bake for a little less than 1 hour.
2. Remove the garlic from the oven and let it cool in the foil. Squeeze the roasted garlic out of 4 or 5 cloves and set the rest aside for another use (“its really good just spread on grilled bread.”)
3. Put the roasted garlic, the raw clove of garlic, mustard, vinegars, egg yolks, anchovies, and lemon juice into a blender or food processor and blend for 30 seconds or until combined. With the machine on, add the olive oil in a slow, thin stream until it’s incorporated, and the dressing looks smooth. Taste and add salt, pepper, and more lemon juice as desired.

## 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.

## 5-INGREDIENT SWEET POTATO ENCHILADA CASSEROLE

**SERVES** 8

Source: The Kitchn (<https://www.thekitchn.com/enchilada-casserole-263079>)

**PREP TIME:** 20 minutes; **COOKING TIME:** 45 minutes – 1 hour

- Cooking spray
  - 2 cups enchilada sauce (16 ounces), divided
  - 2 pounds sweet potatoes (about 2 large), unpeeled and thinly sliced (1/8-inch thick), divided
  - 2 (15-ounce) cans black beans, drained and rinsed, divided (PF Note: we used 1 can)
  - 3 cups shredded Mexican blend cheese (9 ounces), divided
  - 4 cups spinach or chopped Swiss chard (4 ounces), divided
- Serving options:*
- Cooked, sliced chicken
  - Diced avocados
  - Chopped fresh cilantro
  - Corn or flour tortillas
1. Arrange a rack in the middle of the oven and heat to 375°F. Coat a 9x13-inch baking dish with cooking spray. Spread 1/2 cup of the enchilada sauce on the bottom of the baking dish. Arrange 1/3 of the sweet potato slices in a single layer, overlapping slightly. Distribute half of the beans, 1 cup of the cheese, 1/2 cup of the enchilada sauce, and half of the spinach or chard evenly over the sweet potato slices. Repeat the layers of sweet potato, beans, cheese, enchilada sauce, and spinach or chard one more time. Finish with the remaining sweet potatoes and enchilada sauce. Cover tightly with foil.
  2. Bake until the sweet potatoes are tender, about 40-60 minutes. Uncover and sprinkle with the remaining 1 cup cheese. Bake until the cheese melts and the casserole bubbles, about 5 minutes more. Let cool 10 minutes before serving. Top with sliced, cooked chicken, diced avocado, and chopped cilantro, if desired, and serve with tortillas.

## 'OH SHE GLOWS' SOUL-SOOTHING AFRICAN PEANUT STEW

**Servings:** 6

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into 1/2-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Fine-grain sea salt and freshly ground black pepper
- 1/3 cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- 1 1/2 tsp chili powder
- 1/4 tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls baby spinach or destemmed, torn kale leaves
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

## Preparation

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
2. Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).
4. Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
5. Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
6. Ladle the stew into bowls and garnish with cilantro and roasted peanuts.

Tip: Have some leftover cooked rice? This soup is fabulous with some stirred in.

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## 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 [NOTE: last week's baby ginger would be great!]
- 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.

## SWEET POTATO HUMMUS

(from Sow True Seeds Recipes from the Harvest, April 14, 2015)

- 1-2 sweet potatoes, baked & peeled
- 1 cup can garbanzo beans, drained
- ¼ cup tahini
- 2 tablespoons extra virgin olive oil
- 1 garlic clove – I used a roasted garlic clove
- ½ lemon, juiced
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon cinnamon
- dash nutmeg
- salt & pepper

### SOME VARIATIONS:

- Add some cooked red lentils instead of garbanzo beans
- A tablespoon of maple syrup
- Some chili pepper for spice!

Start by baking the sweet potato in the oven at 400° for 40-60 minutes, or until soft. Cooking time will depend on the size of your potatoes. Cool. Peel.

Combine all the ingredients in a food processor until smooth. Taste, and adjust the seasoning if necessary. Top with a drizzle of olive oil and a sprinkle of cumin. Enjoy with raw veggies or baked pita chips.

Makes approximately 2 cups.

## CURRIED SWEET POTATO SOUP

*Makes 2 Servings*

NOTE: If your curry powder is on the spicy side, and your tolerance for spice is on the weaker side, you may want to use less. If you think you could potentially qualify for either, start with ¼ teaspoon and you can always add more later if the soup tastes under-seasoned.

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1/2 teaspoon curry powder (see note)
- 1 pound sweet potatoes (or yams), peeled, cut into 1/2-inch pieces
- 1 quart vegetable broth
- 1 teaspoon salt
- 1/2 cup whole milk
- Greek yogurt
- Cilantro leaves

In a medium Dutch oven, heat the olive oil over a medium flame and sauté the onions until translucent, about 5 minutes. Add the curry powder and sauté for another 2 minutes, until fragrant. Add the sweet potatoes, broth, and salt and raise the heat to high. Bring to a boil, reduce the heat, and cover. Cook for 20-25 minutes, until the potatoes are tender. Use an immersion blender, food processor, or blender to puree. Add the milk and taste for seasoning. Garnish with a dollop of yogurt, and some cilantro leaves.

# Glazed Snow Peas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



## Directions:

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add 8 ounces snow peas, 1 bunch chopped scallions, a pinch of sugar and 1/4 cup water. Cover and simmer 2 minutes, then uncover and boil until the water evaporates, 2 more minutes. Season with salt.



Photograph by Antonis Achilleos

Recipe courtesy Food Network Magazine

*Here's a suggestion from someone who made this recipe and commented on Food Network:*

Added three ingredients:  
sesame seeds and a little sesame oil, both at the beginning  
chopped garlic which is healthiest and tastiest if put in the last 30 seconds before finishing  
It's quite excellent this way and I would serve it in a pricey restaurant as an owner/chef with confidence.



# Kung Pao Snow Peas



Recipe courtesy of Food Network Kitchen



*Stir-frying retains the sweetness and crunch of these low-calorie snow peas. A blend of soy sauce, ginger, chiles and sesame oil, store-bought kung pao sauce adds heat and flavor to this dish without adding a lot of fat.*

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Level: Easy

Total: 15 min

Prep: 10 min

Cook: 5 min

Yield: 4 servings

## Ingredients:

1 tablespoon peanut or grapeseed oil  
1/2 large sweet onion, such as Vidalia or Maui, thickly sliced  
8 ounces snow peas, ends trimmed (about 4 cups)  
1/4 cup bottled all-natural kung pao, shiitake soy ginger or other low-sodium stir-fry sauce  
2 tablespoons chopped unsalted roasted peanuts or cashews

## Directions:

- 1 Heat a wok or large skillet over high heat and add the oil. Add the onions and stir-fry until just wilted, about 30 seconds. Add the snow peas and stir-fry until nearly crisp-tender, about 2 minutes more. Add the sauce and stir-fry to coat, about 1 minute.
- 2 Transfer to a platter or large bowl, sprinkle with the nuts and serve.



## Cook's Note

Using an all-natural bottled sauce bursting with flavor makes this side so easy--and so pleasing. Select a sauce that has less than 400 mg sodium per serving.

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From Food Network Kitchens