



## *PlumFresh* Harvest Subscription

Season 7, Week 25  
Saturday, November 19, 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 (Lorz Italian – bold), Cayenne Peppers, Lunchbox Peppers
- Lettuce – *Green Butter, Nancy, New Red Fire*
- Sweet Potatoes – *Mahon*
- Butternut Squash from Harmony Ridge Farms

### Regular Bags

- Bunching Onions -- *Nabechan*
- Frissé -- *Curlesi*
- Garlic – *Chesnok Red*
- Pac Choi -- *Bopak*
- Strawberries – *Chandler*

### Small Bags

- Snow Peas – *Blizzard*

### Member Choice

- Cooking Apples from Levering Orchard
- Collards – *Cash Crop*
- Escarole -- *Eros*
- Fennel – *Fino*
- Garlic Granules -- *Music*
- Ginger Powder
- Herbs – Dill, Italian Parsley and Rosemary
- Kale
- Kohlrabi -- *Azur Star*
- Mushrooms – *Lion's Mane*
- Hot Peppers: *Calabrian, Cayenne*
- Green Chile Peppers – Mild, Medium, Hot
- Roasted Green Chile
- Sunflower Shoots
- Sweet Pepper Mix – *Bells, Lipstick, Corno di Toro (Red and Yellow)*
- Tomatillos – *Purple & Cisneros Grande*
- Fruit Box and Valentine Tomatoes

## 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.
- **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.
- 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, Pac Choi** store well in their plastic bag.
- 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.
- **Take the Cilantro** out of the Salsa Kit bag and store in a jar of water in the fridge.
- **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.
- 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!
- **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. Yummmmm!
- 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.
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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> |
|--|---|
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.

## 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

### Ingredients

- 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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Excerpted from [The Oh She Glows Cookbook: Vegan Recipes to Glow from the Inside Out](#) by Angela Liddon. Copyright © 2014 Glo Bakery Corporation. Published by Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.

## 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.

## 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, 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.



For more Butternut squash recipes, refer to the October 15<sup>th</sup> newsletter

YIELD: 4-5 SERVINGS

## Butternut Squash, Sausage, and Kale Gnocchi Skillet

### Ingredients

- 2 links Italian turkey sausage, casings removed
- 1 tablespoon olive oil
- 1/2 cup diced yellow onion
- 3 cups peeled and cubed butternut squash (1/2 inch cubes)
- 1 clove garlic, grated or minced
- 1 teaspoon chopped fresh rosemary
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon red pepper flakes (optional)
- 16 ounces gnocchi
- 4 cups chopped kale
- 1 1/4 cups low sodium chicken broth
- 1/2 cup shredded part skim mozzarella cheese

Source: Recipe Runner

[Butternut Squash, Sausage, and Kale Gnocchi Skillet - Recipe Runner](#)

### Instructions

1. Over medium-high heat, spray a skillet with cooking oil or drizzle in about a teaspoon. Squeeze the sausage out of the casing and into the skillet. Use a potato masher or wooden spoon to crumble the sausage. Once the sausage is cooked through remove it from the skillet and onto a plate lined with paper towels to soak up any excess grease.
2. Add a tablespoon olive oil to the skillet along with the diced onion and cubed butternut squash. Season with salt and pepper. Cook the vegetables over medium heat stirring frequently.
3. When the squash is tender, approximately 8-10 minutes, add garlic, rosemary, nutmeg, and red pepper flakes. Cook another minute and then pour in the chicken broth. Scrape up any of the brown bits from the bottom of the skillet then stir in the gnocchi and kale.
4. Cover the skillet with a lid and simmer over medium-low heat until the gnocchi is tender, about 5 minutes. Remove the lid and stir in the sausage. Taste for seasoning. Sprinkle the mozzarella over the top of everything and cover with the lid again. Cook for a couple more minutes or until the cheese is melted. Serve immediately.



Source: Love & Lemons

[Butternut Squash Soup Recipe - Love and Lemons](#)

# Butternut Squash Soup

Prep Time: 10 mins

Cook Time: 35 mins

Total Time: 45 mins

Serves 6

This vegan butternut squash soup is the ultimate fall comfort food! Store it in the fridge for up to 4 days, or freeze it for up to a few months.

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

## For serving

- Chopped parsley
- Toasted pepitas
- Crusty bread

## Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

# The Easiest Way to Break Down Butternut Squash

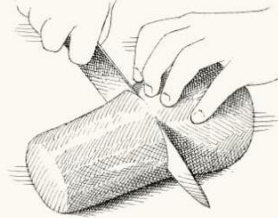
Bulbous, fibrous squash can be intimidating to prep: But we've devised a failsafe method.

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.

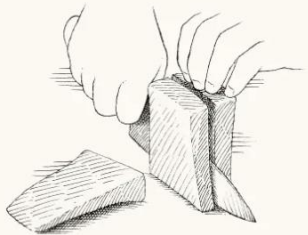


**1. Trim and Peel :** Holding sharp chef's knife with pinch grip, position front part of blade on squash about ¼ inch from stem end. Push down and forward, using length of blade to cut through stem end. Rotate squash 180 degrees and repeat with bottom. Use vegetable peeler to peel skin.

**TIP:** For silky cooked squash, peel the white fibrous flesh just below the skin (about an ¼-inch-thick layer) until the squash is completely orange.

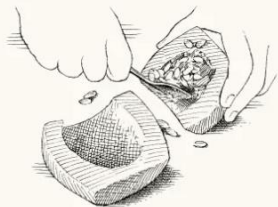


**2. Divide:** Holding bulb with 1 hand and continuing with pinch grip, cut in half where neck and bulb meet.



**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://www.cooksillustrated.com/articles/101-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.