



## PlumFresh Harvest Subscription

Season 8, Week 13  
Saturday August 26, 2023

We continue to get more crops in and tended for your fall bags. On Sunday, Ray created a “net house” for the cucumbers to protect them from cucumber beetles. Our 2nd crop this year was pretty much decimated by the pests so we are trying to exclude them from the pests. The netting is tulle – like the stuff used to make bridal veils and ballet tutus! It’s much less expensive than some of the higher tech fabrics and we’ve found that it works to keep out some pests. We’re hoping that cucumber beetles are one of them!

Another pest we’ve just discovered is rabbits – we think. Our new planting of kale was pretty well mowed down and we don’t think it was deer. We always have a few rabbits around, but they usually don’t damage our crops too much. We’ve got more kale to plant and will add another line to the fence – it’s always something!

Enough gloom! Let’s talk about this week’s bag. The spaghetti squash is from Harmony Ridge Farms in Tobaccoville. Isaac Oliver and his crew grow a bunch of winter squash and the spaghetti squash are one of the earliest. These are very versatile, and I’ve enclosed a “Spaghetti Squash 101” guide from Shared Legacy Farms to give you some ideas and tips (like cut the squash along the midline, not lengthwise if you want longer strands!)

Coming attractions include arugula, summer spinach, cucumbers, celery, green chile, radishes (salad and Daikon) and sweet potatoes. The sweet potatoes are about a month out – so start getting your tastebuds ready for the plethora of ways to prepare them! They are truly one of my favorite foods!

Here’s what you’ll find in this week’s bag.

- Garlic – *Chesnok and Music*
- Shishito Peppers
- Tomato Fruit Box – *Mix of cherry and grape tomatoes including Valentine, Red Pearl, Cherry Blossom, Chocolate Drop, Citrine, Jasper, Lollipop, Sweet Golden Grape*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Spaghetti Squash from Harmony Ridge Farms

### Add/Sub Items:

- Basil – *Prospera Genovese*
- Beets – *Boro and Touchstone Gold*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Creamer Potatoes
- Potatoes – *Bintje, Fingerling, German Butterball, Nicola, Norwiss, Plum Gold*
- Sweet Peppers - *Jimmy Nardello Sweet Italian*
- Sweet Pepper Mix – *Lunchbox, Lipstick Red, Marconi, Carmen, Sweet Sunrise*

### Regular Bags

- Eggplant -- *Annina*
- Swiss Chard – *Bright Lights and Silverado*
- Peaches – *Carolina Gold from Hill’s Orchard*

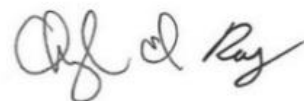
### Storage Tips

- 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 your veggies and fruit before eating.
- **Basil** should be placed in a jar with water on the counter – like flowers in a vase. Since you have the rootball intact, the basil will last much longer. Do not refrigerate!
- **Beets and Peppers** store best in plastic bags in the crisper drawer.
- **Eggplant** should be stored loose in the middle of your refrigerator – not the crisper. It will keep for 1-2 weeks.
- **Swiss Chard** should be stored in a plastic bag in the crisper drawer. It will keep for 10-14 days.
- **Spaghetti Squash** should be stored in a cool, dry, dark place at around 50 degrees. Under the best conditions, they should keep for 3-4 months. Once cut, you can wrap them in plastic and store them in the refrigerator for 5 to 7 days.
- **Peaches** should be refrigerated if they are ripe. The peaches had been stored in the walk-in cooler at the orchard to slow down their ripening process. If they need a bit more time to ripen (hard as a rock), store them out of the sunlight on the countertop until they are soft and aromatic 2-4 days. Once they are ripe, place them in a plastic bag in the fridge. Use ripe peaches within a week.
- **Garlic** is best stored in a cool dark place or in a bowl on the counter (away from the sun). Do not store in the refrigerator!
- **Tomatoes** belong on the kitchen counter. Do not refrigerate!

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

- Spaghetti Squash is super easy to cook in the microwave. It takes about 20 minutes, depending on the size of the squash. Make sure that you prick the squash with a fork so that it can steam – and not explode – in your microwave. Microwave in 5-minute increments and take it out to check doneness and to rotate the dish. See more cooking tips in the Recipes section.

Please enjoy this week's adventure in fresh, Organic and local food!



## Recipes

### GRILLED SKIRT STEAK WITH SHISHITOS AND CHARRED LEMON

*The tender beef, spicy shishito peppers, pungent blue cheese and smoky lemon-dressed salad are incredible together. Chef Dave Beran tailor-made the dish to go with peppery Malbec from Argentina.*

© Con Poulos

**Total:** 50 mins

**Yield:** 4

#### Ingredients

##### Steak

- 1/4 cup each rosemary and thyme leaves
- 1/4 cup minced shallot
- 8 garlic cloves
- 6 whole peppercorns
- 1 cup grapeseed oil
- 1 1/2 pounds skirt steak, cut into 2 equal pieces
- Kosher salt
- Pepper

##### Salad

- 4 ounces shishito peppers
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- Pepper
- 1 lemon, halved
- 4 cups frisée (2 1/2 ounces), coarsely torn
- 4 cups watercress (2 ounces), stemmed and coarsely torn
- 1/4 cup chopped mint
- 2 celery ribs, thinly sliced on the diagonal, plus 1/2 cup celery leaves
- 2 ounces Stilton or other blue cheese, crumbled

#### Directions

##### Prepare the steak

1. In a blender, combine all of the ingredients except the steak, salt and pepper. Puree until smooth. Put the steak in a large resealable plastic bag. Pour the marinade over the steak, seal the bag and turn to coat the meat. Refrigerate overnight.
2. Light a grill or preheat a grill pan. Pat the steak dry and season with salt and pepper. Grill over moderate heat until medium-rare, about 3 minutes per side. Transfer the steak to a cutting board and let rest for 10 minutes. Leave the grill on.

##### Make the salad

1. In a bowl, toss the shishitos with 1 tablespoon of the oil and season with salt and pepper. Grill the peppers until lightly charred all over, about 2 minutes. Grill the lemon halves cut side down until lightly charred, 5 minutes.
2. In a bowl, toss the grilled shishitos with the frisée, watercress, mint, celery and leaves and the remaining 2 tablespoons of olive oil. Squeeze 1 tablespoon of juice from a grilled lemon over the salad, season with salt and pepper and toss. Top with the cheese.
3. Thinly slice the steak across the grain. Serve with the salad and grilled lemon halves for squeezing over the steak.

## roasted shishito peppers

Serves: serves 3-4 as an appetizer

### Ingredients

- 2 heaping cups shishito peppers (or padrone peppers)
- drizzle of olive oil
- salt
- toasted sesame seeds

#### sesame peanut sauce:

- ¼ cup creamy peanut butter
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce (to taste)
- juice of 1 lime

#### lemon-basil yogurt:

- ½ cup greek yogurt
- 1 tablespoon olive oil
- big squeeze of lemon
- small handful of basil
- a few chopped chives
- salt & pepper



### Instructions

1. Peanut Sauce: In a small bowl, stir together the ingredients for the peanut sauce. Taste and adjust. Depending on the thickness of your peanut butter, you may have to add a bit of warm water to thin it out.
2. Yogurt Sauce: In a food processor, blend together the ingredients for the yogurt sauce. (alternatively, you can very finely chop your herbs and stir everything together in a bowl).
3. For the Shishitos: Wrap the peppers in foil with a bit of olive oil and salt, and roast in a 450 degree oven for 5-7 minutes. Open the foil, turn the heat up to broil, and continue roasting for another 2 minutes, or until they begin to blacken and blister.
4. Serve hot. Sprinkle with sesame seeds and serve with dipping sauce(s).

### Notes

Find shishito peppers at your farmers market summer through fall, depending on your area. Or at most asian markets.

Both dipping sauces make more than you will use for this amount of peppers. Chill and use later in the week as veggie dips, sandwich spreads, or thin the peanut sauce and toss with noodles.

Recipe by Love and Lemons at <https://www.loveandlemons.com/roasted-shishito-peppers-2/>



## GARLICKY SWISS CHARD

*From Shared Legacy Farms' Chard 101 E-Book: Source NYTimes Cooking*

### Ingredients:

- 2 bunches Swiss chard, stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Large pinch crushed red pepper flakes
- Salt

### Directions:

1. Stack chard leaves on top of one another (you can make several piles) and slice them into 1/4- inch strips.
2. Heat oil in a very large skillet (or use a soup pot). Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard, coating it in oil. Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer.
3. Season with salt.

*From Shared Legacy Farms' Chard 101 E-Book*

## 6 Ways to Use Chard Stems

Don't those those stems in the compost! Here are 6 ways you can cook with them!

**Refrigerator pickles:** These pickled chard stems are spicy, sweet, acidic, and especially pretty when made with rainbow chard.

**Soup:** Throw them in with the onions and carrots in place of celery. The crisp stem will create great flavor.

**Dip:** Swiss chard stalks and tahini can be combined in a Middle Eastern dip similar to baba ghanoush.

**Vegetable stock:** Toss the stems in the freezer along with other vegetable scraps. When you've collected enough, make an easy vegetable stock.

**Roasted:** Yup! This popular vegetable exit strategy works for the stems too. Just toss with olive oil and salt and put them on a roasting pan.

**Stir Fry:** Crispy texture makes them perfect for a quick stir-fry.



Chard ribs and stems are crisp and thick, almost like celery. They should be cut out and cooked separately in many cases. I like to use them like celery.

## HOW TO COOK SPAGHETTI SQUASH – one method

Source: [www.thespruceeats.com/how-to-cook-spaghetti-squash](http://www.thespruceeats.com/how-to-cook-spaghetti-squash)

- Heat the oven to 375 F.
- Prick the spaghetti squash all over with a metal skewer or fork so it will not burst while baking.
- Place whole squash in a shallow baking pan.
- Bake for 1 hour.
- Let baked spaghetti squash cool until it can be handled.
- Cut it in half lengthwise with a serrated knife.
- Scoop the seeds and fibrous strings from the center of each half of cooked spaghetti squash.
- Discard the seeds and strings or save for composting.
- Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands.
- Continue until you have as many "noodles" as you can get. Use in a recipe.

## FOOD NETWORK'S METHODS: OVEN, MICROWAVE, INSTAPOT

[How to Cook Spaghetti Squash Three Ways | Cooking School | Food Network](#)

Great tips on 2 ways to use the oven, essential information on microwaving and using an Instapot!

## SPAGHETTI SQUASH WITH BASIL, GARLIC AND CAPERS

YIELD: 4 entree servings

### INGREDIENTS

- 1 spaghetti squash
- 2 T. extra virgin olive oil
- 3 small cloves garlic, minced
- 2 T. capers, drained and rinsed
- 1/4 c. parmesan cheese
- Salt
- 1/2 t. pepper
- 1 T. basil, chopped

### PREPARATION

1. Prick spaghetti squash and place in a covered microwaveable dish. Microwave 6-8 minutes or until soft. Let cool and cut in two. Remove seeds. Use a fork and pull squash from peels.
2. Heat olive oil in a sauté pan. Sauté garlic until soft (about 1 minute).
3. Add squash and capers and stir. Season with salt and pepper. Heat for 1-2 minutes more.
4. Add cheese and basil. Remove from heat and serve.

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# Spaghetti Squash

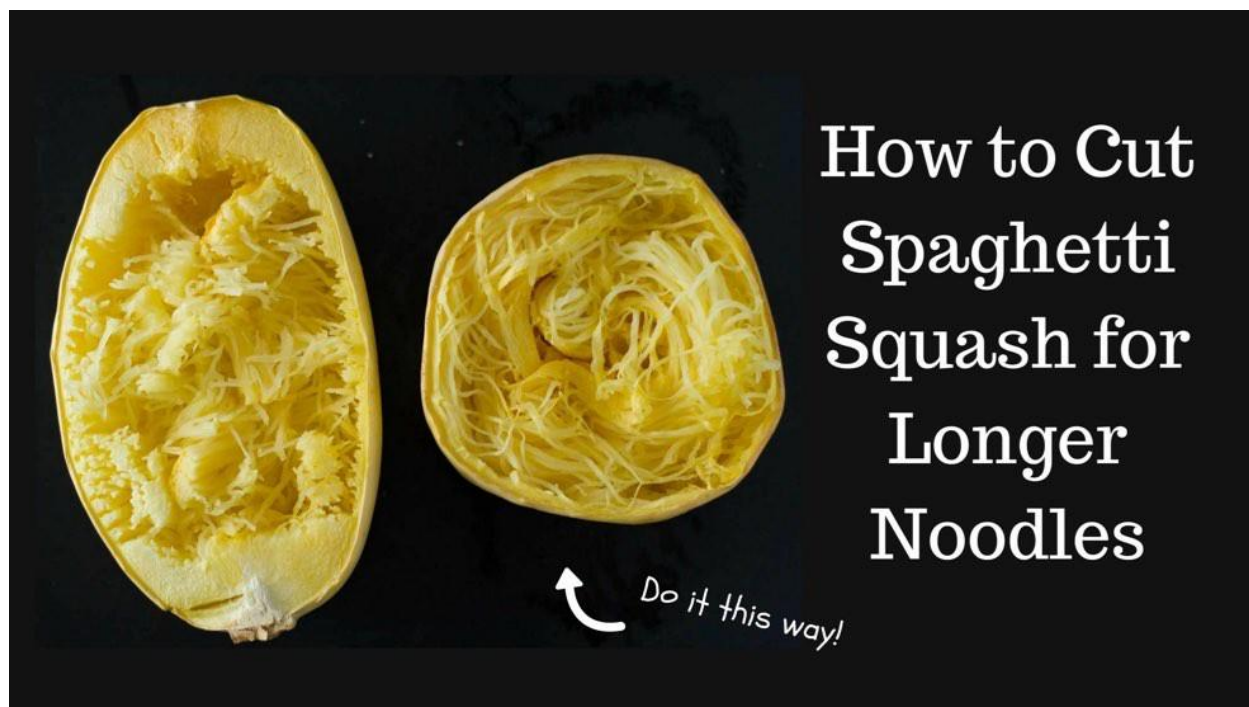
## 101

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The black sheep in the winter squash family.







### *How to store:*

Store 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.

### *Prep:*

Wash squash. You can either bake/roast/microwave the squash whole (then remove the seeds), or cut it in half across the belly, and scrape out the seeds. The skin is not eaten.

### *Substitutes:*

Be careful substituting other winter squash for spaghetti squash. They are not usually interchangeable.

### *Best Uses:*

- **Pasta Substitute**
- **Stuffed**
- **Baked in shell**
- **Casserole**
- **Pie**
- **Muffins/Baked Goods**
- **Pad thai or stir fry**
- **Latkes**
- **Skillet Meal**
- **Tater Tots**
- **Frittata**

## How to Freeze:

Scoop out cooled, cooked squash strands into Ziplock bags. Label the bags with the date, and squeeze out the air.

## Fun Hacks:

### *1. You can cook it whole.*

It will take a little longer to cook (about an hour total), but after it's cooked, the squash will be tender and easier to cut. Simply poke holes in the squash all around. Bake on a cookie sheet at 375 F for an hour. Cut in half and pull out the strands.

### *2. Cut crosswise around the waist of the squash for even longer strands.*

Spaghetti squash strands are arranged in a circular formation around the interior. Cutting the squash across the waist keeps the whole strand intact, as opposed to slicing from end to end, which halves the strands.

### *3. You can microwave spaghetti squash.*

Halve it around the “belly” and remove the seeds. Then cook it in the microwave on a glass plate for about 5-10 minutes on high.

### *4. Pre-salt your spaghetti squash before cooking to draw out the water and reduce mushy texture.*

Salting the squash first draws out a ton of moisture, which really helps reduce the wet texture. Sprinkle kosher salt on the cut slices of squash. (You can be really liberal with the salt, because you'll wipe it away before cooking, along with all the water that the salt draws out).

## Suggested Recipes:

### Simple Baked Spaghetti Squash

#### **Ingredients:**

- 1 (2-3 pounds) spaghetti squash
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper, to taste

#### **Directions:**

Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Cut the squash in half lengthwise from stem to tail and scrape out the seeds.\* Drizzle with olive oil and season with salt and pepper, to taste.

Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, about 35-45 minutes. Remove from oven and let rest until cool enough to handle. Using a fork, scrape the flesh to create long strands.

# Italian Style Spaghetti Squash Bake

## **Ingredients:**

1 Spaghetti squash, sliced in half and seeds scooped out  
2 t. extra-virgin olive oil  
1/2 teaspoons sea salt  
1/2 t. black pepper  
1 t. extra-virgin olive oil  
1 clove garlic, crushed  
3 handfuls fresh spinach  
1 lb. boneless chicken breasts, baked or boiled and shredded  
1 cup tomato sauce  
1 egg  
1 1/2 T. Italian seasoning, more to taste  
1/2 t. red pepper flakes, more to taste  
1 T. garlic powder  
1/2 t. freshly ground pepper  
1/2 t. salt  
Optional: 1/4 cup fresh parmesan cheese, more for topping

## **Directions:**

Preheat the oven to 375 °F.

Cut spaghetti squash in half and scoop out seeds. Drizzle with olive oil, sea salt, and black pepper. Line baking sheet with parchment paper. Lay spaghetti squash face down on baking sheet, and add 1/4 cup water. Bake for about 30 minutes until fork tender. Let cool.

Once cool, scrape out spaghetti squash using a fork and place in a medium mixing bowl and set aside. In a small skillet over medium-heat, heat oil and sauté garlic. Add spinach and sauté until wilted.

Add spinach and garlic mixture, shredded chicken, tomato sauce, egg, cheese if using and spices to the bowl with the spaghetti squash. Mix until well combined. Transfer entire mixture to a baking dish. Sprinkle with fresh parmesan and red pepper flakes. Bake at 375 °F for 10 minutes. Broil on high for 3-5 minutes, or until the cheese has started to bubble and brown.

# Breakfast Spaghetti Squash Bowls

*Adapted from yummmly.com*

## **Ingredients:**

1 spaghetti squash (about 3 lbs)  
olive oil (for brushing)  
salt  
pepper  
5 bacon (slabs, chopped)  
4 eggs  
1/2 cup cheddar cheese  
green onions (garnish)

## **Directions:**

Preheat oven to 400 degree F. Line a baking sheet with parchment paper.  
With a knife, carefully score squash lengthwise where you're going to cut it in half. Poke a few holes along the score. Microwave the squash for 5 minutes or until the scored skin is soft enough to cut. Allow to cool. Carefully cut the squash in half. Scoop out the seeds.  
Brush the inside of both halves of the squash with olive oil. Season with salt and pepper.  
Place the two halves cut side down on the prepared pan and roast until tender, about 30 minutes. Allow several minutes to cool.

Using a fork, scrape the insides to create a spaghetti-like texture. Leave insides in the squash. Sprinkle bacon and cheese on top of the fluffed squash. Make 2 wells in each half and break an egg in each well. Place breakfast squash halves back in the oven, and bake until egg whites are set and yolks are starting to thicken, about 10-15 minutes, depending on how you like your baked eggs to be. Garnish with chopped green onion and black pepper.

# Mexican Spaghetti Squash Boats

*Adapted from HoneyandSpiced.com*

## **Ingredients:**

1 medium spaghetti squash  
1 T. olive oil  
1/2 cup onion, chopped  
2 larger garlic cloves, minced  
1/2 cup red pepper, chopped  
1 jalapeno pepper, chopped (remove seeds for less spice)  
1/2 cup canned corn, drained and rinsed  
1/3 cup canned black beans, drained and rinsed  
1/2 pound lean ground turkey  
2 T. taco seasonings  
cheese and cilantro (optional)

## **Directions:**

Preheat oven to 350 degrees.

Place full spaghetti squash in the oven on a baking sheet and cook for 45-50 minutes. Let cool completely. Cut in half and use a spoon to scoop out the seeds. Loosen up the rest of the 'spaghetti' with a fork.

While the spaghetti squash is cooking, heat olive oil in a medium pan over medium heat. Throw in the onion and garlic, cooking until slightly browned. Add in the red pepper and jalapeño pepper, cooking for another 3-5 minutes. Stir in the corn and beans.

In a separate pan, cook the ground turkey until completely cooked through and no longer pink. Stir in the taco seasonings and spices, and then add to the cooked vegetable and pepper mix.

Scoop the veggie/turkey mixture into each squash boat and top with cheese (optional). Place in the oven on low broil for 2-4 minutes until slightly browned. Top with cilantro, sour cream, salsa, or your favorite toppings!