



PlumFresh Harvest Subscription

Season 8, Week 16

Wednesday, September 27, 2023

Happy Autumn! The arrival of my favorite season occurred at 2:50 a.m. on Saturday – bringing with it a tropical storm. 😞 But thankfully we had very little impact here and only .4 inch of rain.

And it feels like several of our crops got an early memo to flip their calendar to November instead of the end of September. We are experiencing dramatic declines in our okra and tomato harvests. We're not sure what is going on but it is creating some challenges in filling your bags. Today's bag is short on both okra and fruit tomatoes – 2 things we were absolutely swimming in a couple of weeks ago.

But we do have a treat in this week's bag -- Red Kuri Squash. It is grown by our friend Kip Grabs, who lives just up the road from us and from Harmony Ridge Farms in Tobaccoville. Although neither is Organic, they use sustainable methods. We hope you enjoy this squash – we made the Coconut Curry with Red Kuri Squash (see recipe below) this weekend and it was wonderful! And the leftovers were even better (aren't they always?).

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

- Apples – *Spartan from Levering Orchard*
- Lettuce Mix – *Nancy and New Red Fire*
- Sweet Peppers – *Mixed Bell*
- Potatoes – *Bintje*
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Snacking Cucumbers – *Picolino*
- Winter Squash – Red Kuri from Farmer Kip Grabs or Harmony Ridge Farms

Regular Bags Only

- Tomato Fruit Box – *Mix of cherry and grape tomatoes including Valentine, Red Pearl, Cherry Blossom, Chocolate Drop, Citrine, Jasper, Lollipop, Sweet Golden Grape OR Additional Slicer Tomatoes*
- Garlic Powder

Add/Sub Items:

- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Eggplant– *Annina and Rosa Bianca*
- Figs – *Louisiana Purple*
- Garlic: *Inchelium Red*
- Okra – *Cajun Jewel and Burgundy*
- Creamer Potatoes
- Potatoes – *Fingerling, German Butterball, Nicola, Norwiss*
- Hot Peppers – *Jalapeño, Serrano*
- Shishito Peppers
- Sweet Italian Peppers – *Carmen and Escamillo*
- Sweet Peppers -- *Lunchbox*
- Sweet Peppers - *Jimmy Nardello Sweet Italian*
- Sweet Potato Greens

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.
- **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.
- **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.
- **Snacking Cucumbers** should be stored in a plastic bag in the crisper drawer.
- **Tomatoes** belong on the counter – not in the refrigerator!
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- **Potatoes** should be kept in a cool, dry, dark place, such as a loosely closed paper bag in a cupboard. Do not store in plastic or in the refrigerator.
- **Garlic Powder** 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.
- 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.
- **Okra** is also perishable and should be used within a few days. Store the dry, unwashed pods in a paper bag in the warmer part of the refrigerator (usually the upper area). Okra, in keeping with its tropical origins, does not like temperatures below 45°F.
- **Sweet Potato Greens** should be stored in their plastic bag in the refrigerator.

Things to know + How do I use this stuff?

- Our **garlic 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 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.
- 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 variety of apples in this week's bag is Spartan. "Spartan" is a Macintosh-cross variety that wins new fans every year for its not-too-sweet, not-too-tart balance and juicy crispness. Spartan won the apple taste-off at the Blacksburg Farmers Market a couple of years ago – and after eating one, we know why! It is terrific for eating out of hand and for cooking. Do we see pie in your future?

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



Recipes

RED KURI SQUASH TIPS

- 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.

ROASTED RED KURI SQUASH WITH SPINACH SALAD

Source: New Morning Farm

Red kuri squash has very thin skin that is edible! There is no need to peel it before cooking.

Ingredients

For the Roasted Squash:

- 1 red kuri squash
- 2 tablespoons olive oil
- salt & pepper, to taste

For the Salad:

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| • 1 4oz bag spinach | • handful of cilantro, finely chopped |
| • 1.5 cups cannellini beans | • handful of dill, finely chopped |
| • 1/2 red onion, finely chopped | • 2 tablespoon olive oil |
| • handful of parsley, finely chopped | • juice of 1 lemon |
| | • salt & pepper, to taste |

1. Preheat oven to 375 degrees. Cut the squash in quarters by slicing lengthwise and then crosswise. Scoop out the seeds with a spoon. Place the squash pieces on a baking dish. Rub with oil and add salt and pepper. Roast until tender when poked with a fork - about 40-45 minutes.
2. While the squash is roasting, build the salad. Add the spinach, beans, onions and herbs to a salad bowl. Whisk the oil and lemon juice together and add to the salad. Mix until evenly coated. Add salt & pepper, to taste.
3. To serve, top each squash piece with some of the salad.

COCONUT CURRY WITH RED KURI SQUASH



Serves 4

Prep time

15 mins

Cook time

25 mins

Total time

40 mins

A delicious, creamy coconut Thai curry with red kuri squash and broccoli.

Source: *WhatTheHeckDoIEatNow.com*

Adapted From: *Thai Green Curry With Red Kuri Squash. Carpe season.com*

Ingredients

- 1 tbsp organic canola oil
- 1 onion, diced
- 6 cloves garlic, crushed
- 2 inch piece of fresh ginger, grated
- 1½ tsp Patak's Mild curry paste
- 2 tbsp curry powder
- 1 tsp turmeric
- 1½ cans coconut milk
- 2 tbsp tamari (or soy sauce)
- 1 tbsp sweet chilli sauce
- 4 cups peeled and cubed red kuri squash
- 1 tbsp lime juice
- ½ cup water
- 1½ cups broccoli cut into florets
- ½ tsp salt

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add chopped onion and ginger and sauté for about 3 minutes.
3. Add garlic and sauté for another minute.
4. Add curry paste, curry powder and turmeric and cook for another minute while stirring constantly.
5. Stir in coconut milk, tamari (or soy sauce), chili sauce, lime, squash and water.
6. Bring it to a boil and then lower the heat to a simmer and cook uncovered for about 15 minutes until the squash are tender.
7. Add broccoli and cook for another 5 minutes.
8. Add salt, stir and serve with rice.

If you are feeling overwhelmed by peppers, save them for the winter! I know I hate paying \$4 for ONE pepper when I had oodles of them in the summer that I composted. Make like a squirrel and save 'em!

FREEZING SWEET PEPPERS

Blanch peppers if you want to use them in heated dishes; for uncooked preparations, don't blanch if you want a more crispy texture. To blanch, wash the peppers and remove their seeds. Blanch halved peppers in boiling water for 3 minutes; sliced or diced ones for 2 minutes. Then plunge them into ice water for 5 minutes to stop the cooking process. Remove and drain. Pack in zipper-lock freezer or vacuum food sealer-type bags, or freezer containers. Squeeze out any excess air and leave ½ inch of headspace (unless you are using the vacuum sealing method). Frozen peppers will keep for up to 12 months at 0°F.

ROASTED SWEET PEPPERS (FOR FREEZING)

Place peppers over a gas burner (or under a broiler or on a grill) until the skin is blackened on all sides. Put peppers in a bowl, cover with plastic wrap and let steam for 10 minutes. When peppers are cool, peel or rub away the blackened skin. Cut in half, remove and discard the stem and seeds. Toss with olive oil. Freeze in 1-cup containers.

Source: *The Farmers Market Cookbook: The ultimate guide to enjoying fresh, local, seasonal produce.* Julia Shanks and Brett Grohsgal

Another great recipe from The New York Times Cooking!

Bell Pepper Salad With Capers and Olives

By David Tanis

Time 30 minutes

Rating 4 ★★★★★ (136)

At summer's end, sweet peppers of every color are ripe and ready, far better than the bland supermarket hot-house varieties available year-round. Thinly sliced and dressed with an assertive vinaigrette, these peppers make an ideal first course or antipasto.

Ingredients

Yield: 4 servings

4 sweet bell peppers, in different colors
1 anchovy fillet, plus more for garnish
1 small garlic clove
2 tablespoons red wine vinegar
1 teaspoon capers, chopped, plus whole capers for garnish
¼ cup extra-virgin olive oil
Salt and pepper
1 cup halved cherry tomatoes, lightly salted
½ cup green or black olives, such as Castelvetrano or Moroccan, pitted, if desired
Arugula, for garnish (optional)
Dried Italian oregano, for sprinkling (optional)

Preparation

Step 1

Cut peppers in half from top to bottom. Remove stems, seeds and veins, then slice peppers into strips about ⅛-inch wide.

Step 2

Make a vinaigrette: Using a mortar and pestle, smash anchovy fillet and garlic into a paste. Transfer to a small bowl, and add red wine vinegar and chopped capers. Stir in olive oil and season vinaigrette with salt and pepper.

Step 3

Put sliced peppers in a large bowl. Season with salt and pepper, and toss. Add vinaigrette and toss again. Leave for 10 minutes, then taste again and adjust seasoning. (The salad can sit for 15 to 20 minutes without suffering.)

Step 4

Transfer to a serving platter. Garnish with cherry tomatoes, whole capers, olives and anchovy fillets. Surround with arugula, if using. Sprinkle with oregano, if using.

Walnut and Date-Stuffed Baked Apples

NOURISH OCT 15, 2020

This new spin on the homey, old-fashioned dessert has much less added sugar than the traditional version, with just a little maple syrup drizzled on top, and a walnut filling sweetened with finely chopped dates. The dried fruit melds in seamlessly with cooking so you don't even realize it's there — you just get its sweet essence punctuated with the aroma of cinnamon, nutmeg and cloves.

Storage Notes: Leftover baked apples can be refrigerated in an airtight container for up to 3 days.

SERVINGS:

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

Tested size: 4 servings

INGREDIENTS

- 1/2 cup (2 ounces) walnut pieces
- 4 large cooking apples (about 2 pounds total), such as Rome, Cortland, Gala or Braeburn
- 3 tablespoons finely chopped pitted dates
- 4 tablespoons maple syrup, divided
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 pinch kosher salt
- 1/2 cup unsweetened apple juice

DIRECTIONS

Position a baking rack in the middle of the oven and preheat to 350 degrees.

Place the walnuts on a small, rimmed baking sheet and toast until fragrant and slightly darkened, about 5 minutes. Transfer the nuts to a cutting board, let cool, then finely chop.

Core the apples, leaving their bottoms intact. (Use a melon baller to scoop out the core, but not all the way through.) Place the apples upright into a rimmed baking dish just wide enough for the apples to snugly fit, such as an 8-inch square baking pan.

In a medium bowl, combine the walnuts, dates, 2 tablespoons maple syrup, the cinnamon, nutmeg, cloves and salt. In a small bowl, stir together the apple juice with the remaining 2 tablespoons maple syrup. Stuff the center of each apple with the walnut-date mixture, then pour the apple juice around the apples. Cover the pan with aluminum foil and bake for 50 minutes to 1 hour, or until the apples are tender.

Serve hot or cold, drizzled with the pan juices.

Source: Ellie Krieger in the
Washington Post

[Walnut and Date-Stuffed Baked
Apples - The Washington Post](#)

FRESH APPLE CAKE

This recipe comes to us from fellow *PlumFresh* member, Kelley Stack. She says, “Delicious and SO easy! This is a really moist cake and it’s delicious without the frosting, so we skipped it!”

Source: [kruizing with kikukat - Fresh Apple Cake \(google.com\)](#)

- 1 c vegetable oil
- 2 c sugar
- 3 eggs
- 3 c flour
- Dash of cinnamon
- 1 tsp baking soda
- 1 T. Bourbon or 2 tsp. Vanilla
- 1 c chopped pecans
- 3 c peeled and chopped apples

Preheat oven to 350 degrees. Grease a 9” x 13” pan. Combine oil, sugar, and eggs. Stir in flour, baking soda and cinnamon. Add bourbon (or vanilla), pecans, and apples. Spread in prepared pan and bake for 45-50 minutes. Cool for 2 hours. Then prepare frosting.

From Kelley: “This is a really moist cake and it’s delicious without the frosting, so we skipped it”!

Frosting

- | | |
|---------------------------|-------------------------|
| • 1/2 c butter | • 1/4 c evaporated milk |
| • 1 c brown sugar, packed | • 1/2 tsp vanilla |

Boil all ingredients in a small saucepan for 2 minutes. Set pan in bowl filled with ice water. Beat icing until of spreading consistency. Spread over top of cake.