



PlumFresh Harvest Subscription

Season 8, Week 18
Wednesday, October 11, 2023

Happy October! My favorite month – I’m biased since it’s my birth month. And we are bringing the Fall feels for sure with this week’s bag!

Our sweet potato harvest is in the books! While it wasn’t as big as we had hoped, we still got a decent number of spuds -- ~1,100 pounds. They are now tucked into the greenhouse to cure. Curing the potatoes in a warm, humid place (85-90 degrees with equal humidity) develops the sugars, allows the skins thicken so they don't skin, and helps any cuts to heal over. It takes about 7-14 days for them to cure. [insert sound of foot tapping in impatience!] We will have them for you next week.

We’ve got lots of other veggies heading your way. Radishes, escarole, various Asian Greens (tatsoi, pac choi, Tokyo Bekana), mustards and more good stuff!

A couple of the items in the bag this week come from [M & M Plant Farms](#) in Elon, NC. Randy Massey, a 3rd generation farmer, runs this Organic farm and does an amazing job producing a wide array of beautiful produce on 80+ acres in Caswell County. One of his main customers is Happy Dirt, an organic produce wholesaler located in Durham which supplies Whole Foods and many other retailers. The gorgeous kale and delicata squash come from him—and it is delicious too! It’s so great to support a fellow Organic grower!

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

- Lacinato Kale from M & M Plant Farms
- Potatoes –*German Butterball*
- Snacking Cucumbers – *Picolino*
- Sweet Italian Peppers – *Carmen & Escamillo*
- Winter Squash – Delicata from M & M Plant Farms

Regular Bags Only

- Lettuce –*Nancy Butterhead*
- Slicer Tomatoes
- Fruit Tomatoes OR Small Slicer Tomatoes

Small Bags Only

- Eggplant– *Annina and Rosa Bianca*

Add/Sub Items:

- Celery: *Tango*
- Garlic Granules: *Music*
- Garlic Powder: *Lorz Italian*
- Green Chile – Medium – *Big Jim*
- Poblano Chile Peppers -- *Bastan*
- Hot Peppers – *Early Jalapeño, Jalapeño M, Santa Fe Grande*
- Aji Dulce Peppers
- Sweet Peppers - *Jimmy Nardello Sweet Italian*
- Sweet Peppers - *Lunchbox*
- Potatoes – *Fingerling, Bintje, Nicola, Plum Gold*
- Tomatoes – Green
- Winter Squash – Red Kuri from Harmony Ridge

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.
- **Delicata 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.
- **Lettuce and Kale** should be stored in a plastic bag in the crisper section of your refrigerator.
- **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.
- 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.
- **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?

- **Delicata squash** is a variety of winter squash with cream-colored cylindrical fruits striped in green or orange that are cooked. As its name suggests, it has a characteristically delicate rind. It is also known as peanut squash, Bohemian squash, or sweet potato squash. It is a very sweet variety with a thin, edible skin and is typically cut into half rounds and roasted.
- Our **garlic powders and granules** 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. The granules are terrific for using in stews, stir-fries or sauces where little pieces of garlic are desirable. 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 t of granules would equal 1 clove of garlic.

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



Recipes

DELICATA SQUASH TIPS

- The skin of a delicata is hard and takes a little 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. Then slice the halves into ½ inch slices. Despite this hard skin when raw, once it is cooked the skin is edible. No need to peel it! Here is a simple recipe/instructions from Love and Lemons. [Roasted Delicata Squash Recipe - Love and Lemons](#)
- To bake, place facedown on rimmed sheet pan lined with parchment paper. Add some olive oil and season with salt and peppers and bake at 425 degrees for 20-25 minutes. You'll probably need to turn the squash once during cooking.
- 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.



Kale and Squash Salad With Almond-Butter Vinaigrette

The perfect seasonal salad for autumn potlucks or family dinners!

Source: New Morning Farm

cooking.nytimes

Ingredients

- 1½ pounds winter squash, such as butternut or delicata, halved lengthwise, seeded and sliced crosswise ½ inch thick (no need to peel)
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 2 crisp eating apples such as Honeycrisp or Pink Lady
- 1 shallot, thinly sliced
- 1 teaspoon lemon zest plus ¼ cup fresh lemon juice (from about 2 lemons)
- 1 large bunch kale or collard greens, ribs removed and leaves sliced about ¼ inch thick
- ¼ cup almond butter
- 1 teaspoon Dijon mustard
- ½ teaspoon black pepper or red-pepper flakes, plus more to taste

Directions

Step 1: Place a rack in the bottom third of the oven and heat the oven to 425 degrees. On a sheet pan, toss the squash with the olive oil and a generous sprinkling of salt. Spread into an even layer and roast on the bottom rack until tender and browned underneath, 15 to 25 minutes. Remove from the oven and cool slightly.

Step 2: Meanwhile, core the apples and slice them ¼ inch thick. In a large bowl, toss together the apples, shallot and 2 tablespoons lemon juice. Add the kale leaves, season generously with salt, then toss. (There is no need to squeeze, as the leaves will soften with time.)

Step 3: In a small bowl, stir together the lemon zest and remaining 2 tablespoons lemon juice with the almond butter, Dijon mustard and black pepper. Stir in enough water until it's pourable (about ¼ cup, depending on the almond butter; the mixture will thicken at first, but when enough water is added, it will loosen). Season the dressing to taste with salt and pepper.

Step 4: When the squash is cool enough to handle, add it to the kale mixture. Drizzle with most of the dressing. Toss until coated, adding more dressing as needed. Taste and adjust seasonings with more salt and pepper. (To make ahead, refrigerate the dressing and salad separately for up to 3 days. Adjust thickness and flavor of dressing with salt, pepper and lemon juice, then toss.)

Step 5: Enjoy!

Roasted Delicata Squash with Apples

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 1 hr

Serves 4 as a side



This roasted delicata squash recipe is a delicious fall side dish! Serve it straight out of the oven, or see the notes below for a make-ahead option.

Ingredients

- 2 delicata squash, halved lengthwise and seeded, cut into ½-inch pieces
- ½ cup pearl onions, halved
- Extra virgin olive oil, for drizzling
- 2 tablespoons pepitas and/or pine nuts
- 2 cups torn lacinato kale, 2 to 3 leaves
- 6 sage leaves, chopped
- Leaves from 3 thyme sprigs
- 1 small gala apple, diced
- Sea salt and freshly ground black pepper

Dressing:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- ½ garlic clove, minced
- ¼ teaspoon Dijon mustard
- ⅛ teaspoon maple syrup
- sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Place the squash and onions on the baking sheet and drizzle with olive oil and generous pinches of salt and pepper. Toss to coat and arrange on the sheet so that they're not touching. Roast until the squash is golden brown on all sides and until the onions are soft and browned, 25 to 30 minutes.
3. Make the dressing: In a small bowl, whisk together the olive oil, apple cider vinegar, garlic, mustard, maple syrup, and a pinch of salt and pepper. Set aside.
4. In a small pan over medium-low heat, toss the pepitas with a pinch of salt and cook until toasted, stirring frequently, for about 2 minutes. Set aside.
5. In a medium mixing bowl, combine the kale, sage, and thyme. Add the warm roasted squash and onions, the apples, half the pepitas, and half the dressing. Toss to coat. Transfer to an oven-safe

Continued from previous page

serving dish. (If you're making this dish in advance stop here and follow the saving/reheating instructions in the notes below).

6. Place the serving dish into the oven for 8 to 10 minutes, or until the apples and kale are warm and the kale is just wilted. Just before serving, drizzle with the remaining dressing, and top with the remaining pepitas.

Notes

Make-ahead instructions: Once the roasted vegetables are transferred to the serving dish, cool to room temp. Cover with foil and chill the dish until ready to reheat (Ideally, make this around 4 hours in advance). When ready to reheat, preheat the oven to 425°. Loosen the foil and bake, very loosely covered for 12 to 15 minutes or until everything is heated through. Just before serving, drizzle with the remaining dressing, and top with the remaining pepitas.

Find it online at <https://www.loveandlemons.com/roasted-delicata-squash/>

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

Kale 101

Simple tips to make this vegetable SHINE.



Preparing your Kale:

Wash kale to remove dirt and debris. Kale may have aphids hiding beneath or between leaves. Dunking leaves in water should jar them, but you can also soak leaves in a vinegar solution. Use 1 to 3 tablespoons of vinegar per gallon of water, and soak leaves for 20 to 30 minutes. After soaking, rinse leaves. To remove stems, fold leaves in half and tear or cut the central stem away. Roughly tear or chop leaves.

HOW TO CUT KALE



STEP 1: FOLD LEAF IN HALF AND CUT AWAY STEM.



STEP 2: ROLL UP LEAVES TO CONSOLIDATE THEM.



STEP 3: CHOP ACROSS THE ROLLED LEAVES.



How to Freeze Kale:

Blanch leaves for 2 minutes in a pot of boiling salted water. (Blanch stems separately for 3 minutes). Dunk leaves and stems in ice water to stop the cooking process. Use a spider strainer to fish leaves from the water. Dry leaves by placing them on a towel. Fill the towel with leaves, then roll it up and squeeze to remove excess water.

Quick-freeze small clumps of kale individually on a cookie sheet, or in an ice cube tray. After they're frozen, place clumps into freezer bags in bulk. Remove as much air as possible from bags before sealing. Good for up to 6 months.

Orecchiette with Sausage and Kale

Source: Shared Legacy Farms Adapted from

www.thekitchn.com Serves 4, with leftovers

Ingredients:

1 pound orecchiette

3/4 pound smoked chorizo or andouille sausage

Olive oil

About 4 cups kale, mustard greens, or another hearty green, torn into bite-sized shreds

1/2 cup chicken broth

1/2 cup toasted pine-nuts (optional)

1 can of cannellini beans, rinsed and drained

1 cup shredded Parmesan or Pecorino

Directions:

Heat a large pot of salted water to boiling and cook the pasta according to package directions. When tender, drain and reserve 1/2 cup of the pasta water. Return the pasta to the pot and set aside.

Meanwhile, slice the sausage on the diagonal into 1/2 inch slices. Heat a large sauté pan over medium high heat with a drizzle of olive oil. When hot, add the sausage and cook for about 5 minutes on each side, or until well-browned.

Shove the browned sausage to the side and add the kale. Pour the chicken broth in, cover, and cook for about 8 minutes, or until the kale is wilted and tender.

Mix the kale, sausage, pine-nuts, cheese, cannellini beans, and reserved 1/2 cup of pasta water into the cooked pasta. Stir until heated through. Serve!

Cooking

This recipe comes to us from PlumFresh member, Gloria. She says, “I am including a Kale Salad that we enjoy a lot. We use any of the Kale that we get from you for this and it is so good, that I have had even teenagers tell me they like it.”

Kale Salad With Apples and Cheddar

By Martha Rose Shulman

YIELD 4 to 6 servings

TIME 5 minutes

For a kale salad to be successful, use the most tender kale you can find and cut it into very thin filaments or chop it very finely (or both). Curly kale and Russian kale are more tender than black leaf kale. This is inspired by a wonderful salad I tried recently at the New York restaurant Northern Spy.

INGREDIENTS

4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)

2 tablespoons coarsely chopped toasted almonds

1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice

1 ounce sharp Cheddar cheese, cut in 1/4-inch dice

2 tablespoons fresh lemon juice

Salt to taste

1 very small garlic clove, puréed

5 tablespoons extra virgin olive oil

2 tablespoons freshly grated Parmesan

PREPARATION

Step 1

Combine the kale, almonds, apple and Cheddar in a large bowl.

Step 2

Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.

Tip

Advance preparation: This salad benefits from tossing with the dressing about 15 minutes before you serve it. The kale will soften in the dressing.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

One Pot Eggplant Parmesan Orzo

PREP TIME

10 minutes

COOK TIME

20 minutes

TOTAL TIME

30 minutes

Ingredients

- 3 tbsp olive oil, divided
- 1 medium eggplant, cut into large cubes
- 3 garlic cloves, minced
- 1 shallot, finely chopped
- 1 tsp black pepper, more for serving
- ½ tbsp chopped fresh thyme leaves, more for serving
- 1 tbsp low sodium soy sauce
- 12 ounces/350 g orzo
- 3 ¾ cups/900 ml chicken broth
- 3 tbsp tomato paste
- 4 ounces/120 g sun-dried tomatoes, drained
- 2 tbsp lemon juice
- 2.5 ounces/70 g grated Parmesan
- chili flakes, for serving

This recipe comes highly recommended from PlumFresh member, Janie Hughes.

Recipe intro: *One pot eggplant parmesan orzo. This one could very well become your new favorite stress-free weeknight dinner. There's so much to love here! Bright flavors, sweet sun-dried tomatoes, hearty sautéed eggplant and silky parmesan orzo. Quick, easy and so delicious!*

Source: [One Pot Eggplant Parmesan Orzo - Serving Dumplings](#)

Instructions

1. Get your prep done before you start cooking. Chop the thyme leaves, mince the garlic, finely chop the shallot. Cut eggplant into cubes. Chop the sun-dried tomatoes.
2. Add oil to a large high-sided/thick-bottomed skillet. Heat over medium, add eggplant. Cook until it starts to brown, about 2 minutes. Then add the remaining oil, cook until the eggplant starts to soften, about 3 minutes. Add garlic and shallot, sauté for 2 minutes. Stir in pepper, thyme and soy sauce. Add orzo, stir to combine.
3. Pour in half of the chicken broth, and add tomato paste. Stir until dissolved. Then add sun-dried tomatoes and the remaining broth. Bring to a boil.
4. Reduce heat to low and simmer for 10-15 minutes or until the orzo is al dente. Stir occasionally to prevent orzo from sticking to the bottom of the skillet.
5. When ready, add lemon juice and Parmesan. Stir until silky. Top with freshly ground black pepper, chili flakes and some extra fresh thyme. Enjoy!

Notes

Calories Per Serving: 452 kcalNutritional information is only an estimate. The accuracy of the nutritional information for any recipe on this site is not guaranteed.

ANOTHER WAY TO LOVE EGGPLANT Source: From Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Here's a salty, savory, simple dish: Heat a preferred oil in a saucepan until hot (peanut or vegetable are good choices). Add eggplant that has been cut into 1-inch chunks, and brown them on each side. Then add garlic, shallots, and tamari or soy sauce. Top with chopped green onions and serve hot or cold.

LENTIL AND ORZO STEW WITH ROASTED EGGPLANT

Source: Yewande Komolafe in NYT Cooking (<https://cooking.nytimes.com/recipes/1019860-lentil-and-orzo-stew-with-roasted-eggplant>)

• **YIELD:** 4 servings

TIME: 45 minutes to 1 hour

Cheryl note: I am so glad that eggplant is starting to kick into gear because I have been wanting to make this recipe since last Fall. It is SO Good! This recipe has become my absolute favorite! I think I could eat this every day! And leftovers are wonderful too -- just add more eggplant. Coriander is the perfect spice -- not something I would have considered. And the lemon juice and zest really are essential and makes the flavors pop.

Source note: For rich, golden cubes of roasted eggplant, a high-temperature oven is crucial. Here, lentils and pasta make for a hearty stew, and the coriander seeds introduce a robust, clean flavor. Use a mortar and pestle, a spice grinder or the base of a wine bottle to crush the seeds, opening them up before they're tossed with the eggplant. Serve this stew warm or hot, topped with an aged, salty cheese like ricotta salata or feta, and a soft-poached egg if you like. The lemon zest and juice are essential and enhance the finish.

- 1 ½ pounds eggplant (2 small or 1 large, skin on, or peeled, if desired), chopped into 1-inch pieces
 - ¼ cup plus 2 tablespoons olive oil
 - 1 tablespoon coriander seeds, crushed
 - Kosher salt and black pepper
 - 1 medium carrot, finely chopped
 - 1 medium yellow onion, finely chopped
 - 2 celery stalks, finely chopped
 - 3 garlic cloves, finely chopped
 - 1 tablespoon tomato paste (Note: I used more)
 - 1 cup dried lentils (green, black or brown)
 - 5 cups chicken or vegetable stock, or water
 - ½ cup orzo or other small pasta, such as ditalini, stelline or macaroni
 - Zest and juice from 1 lemon, plus 4 lemon wedges for garnish
 - ¼ cup shaved ricotta salata or crumbled feta
1. Heat the oven to 425 degrees. In a large bowl, toss the eggplant with 1/4 cup olive oil and crushed coriander seeds until coated; season with salt and pepper. Arrange in an even layer on a large rimmed baking sheet and roast until eggplant is tender and golden brown, 25 to 30 minutes, giving the baking sheet a shake halfway through roasting to toss the eggplant pieces for even cooking.
 2. In a large skillet, heat the remaining 2 tablespoons oil over medium. Add the carrot, onion and celery. Season with salt and pepper. Cook, stirring frequently, until vegetables are softened, about 3 minutes.
 3. Stir in the garlic and tomato paste and cook, stirring occasionally, until tomato paste begins to darken on the bottom of the pan, about 5 minutes.
 4. Stir in the lentils until coated. Pour in stock or water and bring to a boil over high heat. Lower to medium and simmer until lentils are tender, 20 to 30 minutes, depending on the type and age of lentils you use.
 5. Stir in the orzo and cook until softened, 8 to 10 minutes. Remove from heat and stir in the lemon zest and juice.
 6. Season to taste with salt and pepper. Top with the roasted eggplant pieces and large shavings of ricotta salata, and serve with lemon wedges for squeezing.