



## ***PlumFresh Harvest Subscription***

**Season 8, Week 19**  
**Saturday, October 14, 2023**

Saturday's rain sure made a mess of pick-up but we hope you made it through the gloom unscathed. We were trying to keep things on the sunny side under our Purple Tent at market with Ray keeping the Chile Roaster spinning pretty much full time! You'll be getting some of those delicious roasted green chile VERY soon!

Our Sweet Potatoes finished curing just in time for your bag this week. We tried a couple of the NC-122s and we were very impressed. It's a very flavorful and rich tasting sweet – and that was with a simple bake. No butter needed!

While our Sweet Potato harvest wasn't as big as we had hoped, we'll still have plenty for you to have through Thanksgiving. We have another variety, Bayou Belle, that will be ready for you in a couple of weeks.

Just a heads up – we are starting to run low on potatoes. Can you believe it? Keep this in mind as you start thinking about your Thanksgiving plans – we intend to have them in our final bag of the season (November 18) but we just planted to plant this seed in your mind.

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

- Asian Green -- *Tokyo Bekana*
- Garlic Powder – *Lorz Italian*
- Pea Shoots
- Sweet Potatoes – *NC-122*
- Sweet Red & Yellow Italian Peppers and Red Pepper Mix – *Carmen & Escamillo Italians, Lipstick and Truheart NR Red Peppers*
- Tomato Mix – Slicers and Fruits

### **Regular Bags Only**

- Carrots -- *Yaya*
- Lacinato Kale from M & M Plant Farms

### **Small Bags Only**

- Snacking Cucumbers – *Picolino*

### **Add/Sub Items:**

- Eggplant: *Annina and Rosa Bianca*
- Garlic Granules: *Lorz Italian*
- Okra – *Burgundy and Cajun Jewel*
- Green Chile – Medium – *Big Jim*
- Poblano Chile Peppers -- *Bastan*
- Hot Peppers – *Early Jalapeño, Serrano*
- Aji Dulce Peppers
- Sweet Peppers - *Lunchbox*
- Potatoes – *Fingerling, Bintje, German Butterball, Plum Gold*
- Sunflower Shoots
- Summer Squash Mix – *Zucchini and Pattypan*
- Winter Squash – *Delicata* from M & M Plant Farms

## 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.
- **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.
- **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.
- **Tokyo Bekana 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.
- Pea and Sunflower Shoots store well in their container. ***Please rinse in clean water and spin dry in a salad spinner before using!***
- Refrigerate **Peppers** unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.
- 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.
- **Tomatoes** belong on the counter – not in the refrigerator!
- **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.

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

- 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 teaspoon of granules would equal 1 clove of garlic.
- **Tokyo Bekana** is an Asian green in the cabbage family that makes a wonderful substitute for lettuce. Its buttery leaves have a mild flavor, and the crunchy ribs add a wonderful texture to salads. These greens can also be wilted in addition to making a great salad.

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



## Recipes

### Crispy Tokyo Bekana Salad

One head or bunch of Tokyo Bekana [this salad can also be made with Bok Choi or Napa cabbage, but Tokyo Bekana is tenderer]

Cilantro to taste

Green onions (scallions) to taste

2 tablespoons red wine vinegar

1 tablespoon rice vinegar

1 tablespoon soy sauce

1/2 teaspoon sesame oil

2 tablespoons canola oil

1 1/2 teaspoon agave syrup or honey

1 teaspoon canola or other mild oil

1 bag ramen noodles (use only the noodles, not the flavor packet)

1/3 cup slivered almonds

To prepare greens, cut the very end of the stems off the Tokyo Bekana stalks. Coarsely chop remaining leaves & stems into 1/2-inch pieces. Chop up the scallions and cilantro and add to the Tokyo Bekana (use as much or little scallion and cilantro as suits your taste).

Mix together all the dressing ingredients in a jar or bottle and shake well (shake again before using).

To prepare the "crunch", lay the unopened bag of ramen noodles on the counter and break them up until they're fully crushed. Heat a skillet over medium-low heat and add 1 teaspoon canola oil. When hot, pour in the noodles (discarding flavor packet) and the almonds. Stirring occasionally, cook till the noodles are golden brown. Combine everything in salad bowl, toss, & enjoy! Serves 2 -4

### 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.

## 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.

*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

## Baked Sweet Potato Recipe

### Cook time

40 mins

### Total time

40 mins

A basic baked potato recipe. Choose 1 of 4 filling options to make quick, easy, vegetarian, stuffed sweet potatoes.

Author: Jeanine Donofrio

Serves: 2 to 8

## Ingredients

- 2 to 8 sweet potatoes (each variation will stuff 2 potatoes)
- Filling: choose from the four recipes below

## Instructions

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Greek-ish Stuffed Sweet Potatoes

A light Greek-inspired quinoa salad packs stuffed sweet potatoes with protein and bright lemon flavor.

Author: Jeanine Donofrio

Serves: filling for 2 sweet potatoes

## Ingredients

- ½ cup cooked quinoa
- ½ cup finely chopped spinach
- 2 tablespoons crumbled feta
- 2 tablespoons chopped red onion
- ½ teaspoon extra-virgin olive oil, more to taste
- 1 teaspoon fresh lemon juice
- ¼ clove minced fresh garlic
- ¼ teaspoon sea salt
- Freshly ground black pepper, to taste
- dollops of [Tzatziki Sauce](#)

## Instructions

1. Make the filling: In a medium-small bowl, mix together the quinoa, spinach, feta, red onion, olive oil, lemon juice, garlic, salt, and pepper. Adjust seasonings to taste. (I like to slightly over-season my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with scoops of tzatziki.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Fall Harvest Stuffed Sweet Potatoes

My favorite filling for a baked sweet potato, this tangy and bright fall salad is full of crunch and flavor.

Serves: filling for 2 sweet potatoes

### Ingredients

- 12 Brussels sprouts, coarsely shredded
- ½ gala apple, diced
- 1 radish, sliced into matchsticks
- ¼ cup crumbled feta
- 1 tablespoon chopped dried cranberries
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon apple cider vinegar
- ¼ teaspoon sea salt, more to taste
- freshly ground black pepper, to taste

### Instructions

1. Make the filling: In a medium bowl mix together the Brussels sprouts, apple, radish, feta, cranberries, olive oil, apple cider vinegar, salt, and pepper. Season to taste. I like this one to really pop with the vinegar so that the flavors stand up to the whole sweet potato. Also, this is the only potato without a sauce, so make sure your salad filling is not dry.
2. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Scoop in the filling and season to taste.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>





## Curry Spiced Stuffed Sweet Potatoes

This yummy curry-spiced filling makes the coziest healthy dinner inside of a baked sweet potato!

Serves: filling for 2 sweet potatoes

### Ingredients

- 1½ cups cooked chickpeas, drained and rinsed (makes extra)
- extra-virgin olive oil, for drizzling
- sea salt and freshly ground black pepper
- ½ teaspoon curry powder
- 4 large kale leaves
- ¼ cup chopped cilantro

#### turmeric-yogurt sauce

- 3.5 ounces Greek yogurt
- 1 teaspoon fresh lemon juice
- ½ teaspoon extra-virgin olive oil
- ½ clove minced garlic
- ¼ teaspoon turmeric or curry powder
- ¼ teaspoon sea salt

### Instructions

1. Make the filling: While the sweet potatoes bake, spread the chickpeas on a separate baking sheet, drizzle them with olive oil and pinches of salt and pepper, and roast for 25 minutes or until golden brown and crispy around the edges. Remove the chickpeas from the oven and while they are still hot, toss them with the curry powder. Set aside until ready to use.
2. Make the sauce: In a small bowl, combine the yogurt, lemon juice, olive oil, garlic, turmeric, and salt. Chill until ready to use.
3. Just before the sweet potatoes are done, place the kale leaves into the oven on the same baking sheet and cook for 2 to 3 minutes, or until wilted. Remove, chop, and set aside.
4. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Stuff with some of the chickpeas, the chopped kale, and the cilantro. Top with a scoop of sauce and serve with the remaining sauce on the side.
5. Save extra chickpeas for snacking.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>



## Sweet Potato Burrito

This Mexican-inspired salad makes a perfect filling for stuffed sweet potatoes. One of my go-to weeknight dinners. Vegan.

Serves: filling for 2 sweet potatoes

### Ingredients

- 1 cup shredded red cabbage
- ½ cup cooked black beans
- a few slices of serrano or jalapeño pepper
- 1 tablespoon toasted pepitas
- ½ teaspoon extra-virgin olive oil
- 1 teaspoon fresh lime juice
- ¼ teaspoon chili powder
- ¼ teaspoon sea salt
- ¼ cup salsa, for serving

#### quick guac:

- 1 small avocado
- 2 teaspoons fresh lime juice, or to taste
- ¼ teaspoon sea salt, or to taste



### Instructions

1. Make the filling: In a medium-small bowl, mix together the cabbage, black beans, serrano, pepitas, olive oil, lime juice, chili powder, and salt. Adjust seasonings to taste. (I like to slightly overseason my filling so that it's flavorful amongst the whole potato.) Chill until ready to use.
2. Just before serving, make the guac: Use the back of a fork to mash together the avocado, lime juice, and salt.
3. Remove the sweet potatoes from the oven and let cool slightly. Slice a wedge lengthwise in each potato and remove to make space for the filling. Add the filling and top with the guac. Serve with the salsa on the side.

Recipe by Love and Lemons at <https://www.loveandlemons.com/stuffed-sweet-potatoes/>

## ESCAROLE AND BEAN SOUP

Source: Elizabeth Martin, *PlumFresh* member

*Elizabeth tells me that this is one of her family's favorites. She notes that it can be varied to meet one's preferences and that it is very easy! Sounds perfect for a damp, rainy day. This is definitely a Plum Granny Farm favorite!*

- Render about 12 1/2-inch pieces of salt pork or side meat or use a couple of tablespoons of olive oil.
- Sauté 1 med onion, chopped and 4 cloves of garlic, sliced, in the oil/fat
- Add the following:
  - 8 oz of tomatoes or 2 Tbsp of tomato paste (Elizabeth uses the concentrated tomato paste that comes in a tube)
  - 16 oz water or up to 32 oz chicken broth or vegetable broth
  - 1 or 2 cans of cannellini beans
  - Fresh ground black pepper
- Bring to a boil.
- Add 1 large or 2 medium heads of escarole, washed and torn into pieces.
- Cover and simmer for about 30 minutes until escarole is tender.