



## ***PlumFresh Harvest Subscription***

**Season 8, Week 20**  
**Saturday, October 21, 2023**

Thanks to those of you who stopped by our tent at Cobblestone's Fall Fest last week! Despite the rain, we had a great turn-out of folks anxious to try our roasted peppers and more! We'll be back at market next Saturday – with the roaster!

There is definitely a fall vibe going on with this week's bag. The Golden Delicious apples are from Randall Dawson, Frank Levering's neighbor and collaborator. Randall has a similar orientation to apple production as Frank does – he wants to use as few pesticides as possible. Frank has pretty much sold out of apples for the season – and Randall is close to sell-out too. Don't worry, we stocked up with plenty and you'll be seeing them offered frequently over the next few weeks. These Golden Delicious are very sweet and flavorful – it's amazing the difference when an apple is actually picked ripe! Ray is very picky about apples and doesn't even like Golden's, but he loves these. Not your grocery store variety, for sure.

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 wanted to plant this seed in your mind. (hint, hint)

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

- Golden Delicious Apples from Dawson's Orchard in Ararat, VA
- Basil – *Prospera Genovese*
- Fire Roasted Green Chile – *Joe E. Parker (Mild) and Big Jim (Medium)*
- Snacking Cucumbers – *Picolino*
- Tomato Mix – Slicers and Fruits

### Regular Bags Only

- Escarole - *Eros*
- Lettuce Mix – *Little Gem, Magenta, Nancy*
- Potatoes – *German Butterball*

### Small Bags Only

- Creamer Potatoes

### Add/Sub Items:

- Celery -- *Tango*
- Eggplant -- *Annina and Rosa Bianca*
- Garlic Granules and Powder -- *Lorz Italian*
- Lacinato Kale from M & M Plant Farms
- Poblano Chile Peppers -- *Bastan*
- Hot Peppers – *Early Jalapeño, Serrano*
- Shishito Peppers
- Sweet Peppers – *Jimmy Nardello*
- Sweet Peppers - Green – *Jupiter*
- Sweet Peppers – *Lunchbox*
- Potatoes – *Fingerling, Bintje*
- Sweet Potatoes – *NC-122*
- 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.
- **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.
- Remove **Basil** from its bag and place it in a jar of water on the counter. With the roots intact, the plant should last for quite a while.
- **Escarole, Lettuce and Celery** 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.
- **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.
- Keep the **Roasted Green Chile** frozen until ready to use.
- 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.
- **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.

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

- Our green chile is roasted in our New Mexico style chile roaster. After living in Albuquerque for almost 20 years, we knew when we moved back to the farm that we'd have to grow green chile. While we are not true Chile Heads, we do love red and green chile that has flavor – not just heat. Starting in August, it seemed like every street corner all across the state had a roaster set up. And the aroma of the chile was intoxicating. We wanted to try to replicate that here with our own little roaster.
- Our first couple of years growing it weren't very successful, but we've gotten the hang of it and have found some varieties that work. Since our climate is so different than NM, it makes it a bit more challenging – increased rainfall can result in chile that tastes washed out. Given what we've experienced from this year's crop, that's not the case! We hope you enjoy this little taste of Nuevo Mexico!

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



## Recipes

*This is the stew that we always make at our member potlucks and people rave about it! It is super simple and has great flavor. We hope you enjoy it!*

### ROASTED GREEN CHILE STEW

Roast green chile under a broiler or on a grill until skin is blistered. Put into a zip bag and let steam for approximately 1 hour. Peel the skin. Cut the stem end off and remove the seeds and veins (leave if more heat is desired.) Chop chile (can be used for quesadillas, pizza, eggs, queso, etc.).

- 5-8 cloves of garlic, chopped
- 3 medium onions, chopped
- 2 T. Chicken or veggie bouillon
- 4 potatoes, chopped
- Green chile, as prepared above

Sauté garlic and onion in olive oil until soft. Add 2 quarts of water and bouillon. Simmer for 20 minutes. Add potatoes and chile. Cook until potatoes are soft. Add additional water (and extra bouillon) if necessary. Serve hot with grated Monterey jack or cheddar cheese, if desired.

Variations:

- Stew can be made with chicken or pork and stock.
- Add cannellini beans.
- Serve with veggie chicken strips (Morningstar “Chik’n Strips” or Quorn)

### 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.

YIELD: 6

Source: [Apple Sweet Potato Quinoa Salad |  
Cooking on the Front Burner  
\(cookingonthefrontburners.com\)](http://cookingonthefrontburners.com)

# Apple Sweet Potato Quinoa Salad

Your taste buds will love this tasty Apple Sweet Potato Quinoa Salad that is full of flavor and makes the perfect vegetarian side dish for dinner or holidays!

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	15 minutes	30 minutes

## Ingredients

- 2 medium sweet potatoes, peeled and diced 1/4
- 2 tablespoons olive oil
- 1 granny smith apple, cored and diced 1/2
- 1 cup dried cranberries
- 1 cup quinoa (uncooked)
- 2 cups apple cider (or juice)
- 2 tablespoons minced red onion
- 1/2 cup chopped pecans, roasted
- 2 tablespoons maple syrup
- 1 teaspoon minced shallot
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon apple cider vinegar
- 3 tablespoons olive oil

## Instructions

1. Preheat oven to 400 degrees
2. Toss the sweet potatoes with the 2 tablespoons of olive oil and spread out onto a rimmed cookie sheet. Roast for about 15 minutes, stirring about every 5 minutes until lightly brown and soft
3. Meanwhile prepare quinoa (rinse well) then place cider and quinoa into a medium saucepan; bring to boil; turn to simmer then cover and cook about 15 minutes (toss your cranberries near the end of the cooking time)
4. In a medium bowl add the slightly cooled quinoa, cranberries, sweet potatoes, apples, red onion and toss well
5. In a small food processor combine the maple syrup, shallot, dijon mustard, vinegar and a bit of salt and pepper to taste Slowly add in the olive oil and mix well.
6. Pour vinaigrette over salad and toss
7. Top with the roasted pecans

## 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 c brown sugar, packed
- 1/4 c evaporated milk
- 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.

## GREEK LEMON POTATOES

Source: <https://www.thekitchn.com/greek-lemon-potatoes-recipe-23088983>

*I saw a post of this dish on Instagram and knew that I had to get the recipe. Although this calls for Yukon Gold potatoes, the Creamer Potatoes or German Butterball will fit the bill VERY nicely! Here's to giving it a whirl!*

Serves 6 to 8

**PREP TIME** 10 minutes

**COOK TIME** 1 hour 15 minutes to 1 hour 20 minutes

### INGREDIENTS

- Cooking spray
- 4 cloves garlic
- 1/2 cup freshly squeezed lemon juice
- 1/3 cup olive oil, preferably Greek
- 1/4 cup yellow mustard
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 2 pounds Yukon Gold potatoes
- 1/2 cup water

1. Arrange a rack in the middle of the oven and heat the oven to 425°F. Coat a 9x13-inch baking dish with cooking spray.
2. Coarsely chop 4 garlic cloves and place in a large bowl. Add 1/2 cup lemon juice, 1/3 cup olive oil, 1/4 cup yellow mustard, 2 teaspoons dried oregano, 1 teaspoon kosher salt, and several grinds of black pepper, and whisk to combine.
3. Cut 2 pounds Yukon Gold potatoes into 1-inch thick wedges, add to the bowl, and toss to combine. Pour everything into the baking dish and spread into an even layer. Pour 1/2 cup water over the potatoes. Cover the baking dish tightly with aluminum foil.
4. Bake until the potatoes are fork tender, about 1 hour. Uncover and bake until the liquid is evaporated, and the potatoes begin to brown, 15 to 20 minutes more.

## TANGY CUCUMBER SALAD

Source: [The Kitchn](#), Sheela Prakash

**Yield:** Serves 4 to 6 as a side dish

**Prep Time:** 5 minutes

*When you crave a light side dish that won't weigh down the rest of your dinner but still has enough punch to stand out on its own, make this salad. Quick-pickling the cucumbers with cider vinegar and a little sugar gives them the vibrancy they're all too often missing. Tossed with nothing more than a little olive oil, salt, pepper, and lots of chopped fresh chives, the cucumber slices transform into a simple salad that's the perfect counterpart for grilled meat or fish.*

### Ingredients

- 1/4 cup apple cider vinegar
  - 2 tablespoons olive oil
  - 2 teaspoons granulated sugar
  - 1 teaspoon kosher salt, plus more as needed
  - Freshly ground black pepper
  - 2 pounds cucumbers (about 4 medium)
  - 2 tablespoons finely chopped fresh chives
1. Place the vinegar, oil, sugar, salt, and a few grinds of pepper in a large bowl and whisk to combine. Thinly slice the cucumbers crosswise. Place them in the bowl, add the chives, and toss to combine.
  2. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to meld. Taste and season with salt and pepper as needed before serving.

**Storage:** Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.