



***PlumFresh* Harvest Subscription**

Season 8, Week 24
Saturday, November 18, 2023

Well, it's here. We are at the end of this year's season! We have truly enjoyed the opportunity to plan and fill these Harvest Bags for you and your family over the past 24 weeks! It is indeed a pleasure and honor to have customers who have invested their trust and faith in what we are doing. And as we begin to close out 2023, we want to express our gratitude for your unwavering support and friendship.

As we close out the year, we begin planning for 2024. We'll be sending you a quick survey so that you can help us in this process. What did you like about *PlumFresh*? What needs to be improved? Watch your inbox – your feedback is very valuable and helps us make our farm and our services even better.

This week's bag has some special things for your Thanksgiving enjoyment: Green Tomato Salsa Kit (perfect as an appetizer watching the big games on Thanksgiving Day), Celery (perfect for your Thanksgiving stuffing), Arugula, Broccoli, Sweet Potatoes (we wish we had more – but you are getting all that we have!) So many great things for your Thanksgiving table!

This week's menu includes:

- Cooking Apples (Spartan) from Levering Orchard
- Arugula -- *Astro*
- Broccoli from M & M Plant Farm
- Celery -- *Tango*
- Garlic Sampler Bag-- *Chesnok Red, Music, Red Toch*
- Green Tomato Salsa Kit: Green Tomatoes, Cilantro, Garlic (Inchelium Red – mild), Jalapeno and Serrano peppers, Lunchbox Peppers
- Pie Pumpkin – *Cinnamon Girl* from M & M Plant Farm
- Potatoes -- *Norwis*
- Sweet Potatoes – *Bayou Belle*
- Fresh Mozzarella Cheese from Piemonte Provisions
- Elephant Garlic
- Garlic Powder & Granules – *Lorz Italian*
- Ginger Powder & Granules
- Lettuce – *Magenta, Muir, Red Butter*
- Mizuna
- Pac Choi -- *Bopak*
- Hot Peppers: *Calabrian, Santa Fe Grande, Serrano*
- Shishito Peppers
- Roasted Green Chile
- Roasted Poblano Peppers
- Potatoes: Fingerling, Bintje, Nicola, Plum Gold
- Sweet Pepper Mix --*Lipstick, Marconi, Truhart*
- Tomato Mix
- Winter Squash- Butternut from M & M Plant Farm
- Winter Squash – Red Kuri from Harmony Ridge Farms

Regular Bags

- Fresh Baby Turmeric
- Mizuna/Mustard Mix

Add/Sub Items

- Asian Greens – Tokyo Bekana
- Snacking Cucumbers – *Picolino*

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 them!
- **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.
- Put the **Celery** in a small bag in the crisper – it can also be placed in a jar with about 1" of water in the fridge.
- **Store Pumpkins, Butternut and Red Kuri Winter Squash** 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, wrap in plastic and store them in the refrigerator for 5 to 7 days.
- **Fresh turmeric** can be stored in the refrigerator for several weeks by making sure the rhizome is dry, wrapping it in a paper towel and placing it in a plastic bag. It can also be frozen for up to a year. Remember, turmeric is used as a colorant and the orange-yellow color can stain hands, cutting boards and clothes!
- Wrap **Broccoli** loosely in a plastic bag and keep it in the crisper drawer of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days. Organic broccoli in particular seems to attract small green worms hiding in its depths. To rid your broccoli of these critters, soak head upside down in cold salted water (1 teaspoon salt to 8 cups of water) for 30 minutes. Any critters will float to the top.
- **Mizuna/Mustard Mix, Lettuce, Pac Choi** store well in their plastic bag.
- **Tomatoes (both green and ripe)** belong on the counter, stem end down.
- **Take the garlic** out of the Salsa Kit bag and store in a cool, dark place with good ventilation. Do not store in the refrigerator.
- **Take the Cilantro** out of the Salsa Kit bag and store in a jar of water in the fridge.
- **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?

- How do I use **turmeric**, you might be asking. You can integrate turmeric into your diet in a number of ways. Add the chopped or grated spice into sauces or, alternatively, sprinkle it over meat, fish or vegetables during the preparation. The recipe below is one of our all-time favorite recipes. See if you agree!
- The **Green Tomatoes** make a wonderful salsa. See the recipe below. When we had this on the menu last year, we got SO many positive comments about it! Definitely give it a try!
- Try the **Pie Pumpkin** for your Thanksgiving (or other Holiday) pie. It's really not that hard. Did you know that most canned pumpkin isn't pumpkin? It's typically a blend of other winter squashes such as butternut. Make your pumpkin pie authentically! Check out the recipe below for everything you need to know!
- For more **Pumpkin** recipes, check out the November 4th *PlumFresh* newsletter for lots of ideas. Don't forget the stuffed pumpkin! We've heard from several of you how much you enjoyed that recipe.

We hope you enjoy this week's adventure in fresh, local food! Until next year!

Happy Thanksgiving!



Recipes

ROASTED GREEN TOMATO SALSA

Source: Sujatha Muralidhar in: <https://www.pepperbowl.com>

Green tomatoes aren't something to feel sad about....turn them into a tasty salsa! We gave this a whirl last night, made some tweaks to the recipe and enjoyed a new salsa! Roasting gives the salsa extra depth.

Source note: Roasted green tomato salsa is the delicious replica of our favorite Mexican restaurant's dish. This luxurious savory sauce just stops you for a moment. This is tastier than any store-bought salsa verde.

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| <ul style="list-style-type: none">• 4 green large tomatoes or 8-10 small• 1 onion or 2 large bunching onions• 1 small sweet pepper (PF add)• 1 jalapeño or serrano pepper (could add 2 for more heat)• 2-4 cloves garlic | <ul style="list-style-type: none">• 2 T lime juice or to taste• 1 T apple cider vinegar (PF add)• 4 tbsp cilantro, chopped• 1/2 tsp salt or to taste |
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1. Preheat the oven to 400°F.
 2. Slice green tomatoes into 1/2 inch thickness. Slit and deseed jalapeno (if you want less spicy), slice.
 3. In a baking tray, arrange tomato and jalapeno slices and peeled garlic cloves.
 4. Bake for 15-20 minutes or until the edges become brown. Allow to cool somewhat.
 5. In a blender, add roasted tomatoes and jalapeño, onion, lime juice, vinegar, cilantro, sweet pepper and salt.
 6. Pulse until mixture becomes chunky – don't overprocess. Transfer to serving bowl and serve with tortilla chips.
 7. Refrigerate for 3 hours if you want to serve it cold. It is also great at room temperature.

ROASTED GARLIC DRESSING

Source: smitten kitchen [roberta's roasted garlic caesar salad – smitten kitchen](#)

- 1 head of garlic
- 3/4 cup plus 1 tablespoon (175 grams) olive oil, plus a splash for the garlic
- 1 garlic clove, peeled
- 2 teaspoons (10 grams) smooth dijon mustard
- 1 1/2 tablespoons (21 grams) white wine vinegar
- 2 tablespoons (28 grams) sherry vinegar
- 2 large egg yolks
- 5 anchovy fillets
- Juice of half a lemon, plus more if needed
- Kosher salt
- Freshly ground black pepper

1. Heat oven to 350°F. Cut a quarter inch off the head of garlic and place the head, cut side up, on a big square of aluminum foil. Drizzle lightly with olive oil. Wrap it tightly in the foil and bake for a little less than 1 hour.
2. Remove the garlic from the oven and let it cool in the foil. Squeeze the roasted garlic out of 4 or 5 cloves and set the rest aside for another use ("its really good just spread on grilled bread.")
3. Put the roasted garlic, the raw clove of garlic, mustard, vinegars, egg yolks, anchovies, and lemon juice into a blender or food processor and blend for 30 seconds or until combined. With the machine one, add the olive oil in a slow, thin stream until it's incorporated, and the dressing looks smooth. Taste and add salt, pepper, and more lemon juice as desired.

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.

'OH SHE GLOWS' SOUL-SOOTHING AFRICAN PEANUT STEW

Servings: 6

Ingredients

- 1 tsp extra virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced (optional)
- 1 medium sweet potato, peeled and chopped into ½-inch pieces
- 1 (28-ounce) can diced tomatoes, with their juices
- Fine-grain sea salt and freshly ground black pepper
- ½ cup natural peanut butter
- 4 cups vegetable broth, plus more as needed
- 1½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 handfuls baby spinach or destemmed, torn kale leaves
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

Preparation

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
2. Add the bell pepper, jalapeño (if using), sweet potato, and tomatoes with their juices. Raise the heat to medium-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the vegetable broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups broth, chili powder, and the cayenne (if using).
4. Cover the pan with a lid and reduce the heat to medium-low. Simmer for 10 to 20 minutes, or until the sweet potato is fork-tender.
5. Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
6. Ladle the stew into bowls and garnish with cilantro and roasted peanuts.

Tip: Have some leftover cooked rice? This soup is fabulous with some stirred in.

Excerpted from [The Oh She Glows Cookbook: Vegan Recipes to Glow from the Inside Out](#) by Angela Liddon.
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SWEET POTATO HUMMUS

(from Sow True Seeds Recipes from the Harvest, April 14, 2015)

- 1-2 sweet potatoes, baked & peeled
- 1 cup can garbanzo beans, drained
- ¼ cup tahini
- 2 tablespoons extra virgin olive oil
- 1 garlic clove – I used a roasted garlic clove
- ½ lemon, juiced
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon cinnamon
- dash nutmeg
- salt & pepper

SOME VARIATIONS:

- Add some cooked red lentils instead of garbanzo beans
- A tablespoon of maple syrup
- Some chili pepper for spice!

Start by baking the sweet potato in the oven at 400° for 40-60 minutes, or until soft. Cooking time will depend on the size of your potatoes. Cool. Peel.

Combine all the ingredients in a food processor until smooth. Taste, and adjust the seasoning if necessary. Top with a drizzle of olive oil and a sprinkle of cumin. Enjoy with raw veggies or baked pita chips.

Makes approximately 2 cups.

INDIAN-STYLE RICE WITH CASHEWS, RAISINS AND TURMERIC

Prep Time: 5 minutes	Ready in 27 minutes
Servings = 6	

Source: <https://www.allrecipes.com/recipe/105691/indian-style-rice-with-cashews-raisins-and-turmeric/>

You can integrate turmeric into your diet in a number of ways. Add the chopped or grated spice into sauces or, alternatively, sprinkle it over meat, fish or vegetables during the preparation. Here is one of Cheryl's absolute favorite recipes. One of our customers said that her son wanted it for breakfast, lunch and dinner!

Ingredients

- 1 tablespoon vegetable oil
- 1 1/2 cups basmati rice
- 1 (14 ounce) can coconut milk
- 1 1/4 (14 ounce) cans chicken stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 pinch crushed red pepper flakes
- 1 teaspoon salt
- ½ teaspoon (or more) minced fresh turmeric (or 1/4 teaspoon ground turmeric)
- 1 bay leaf
- 1/2 cup raisins

Heat oil in a large pot over medium-high heat. Stir in rice and cook for 2 minutes. Pour in the coconut milk, chicken stock, cumin, coriander, red pepper flakes, salt, turmeric, bay leaf, raisins, and cashew halves. Bring to a boil, then cover, and reduce heat to low. Cook until rice is tender, about 20 minutes.

MOROCCAN SWEET POTATO LENTIL STEW

PlumFresh member, Anne Herndon shared this favorite sweet potato stew recipe. She says that is really good over brown rice!

Prep Time: 10 min. Cook Time: 1 hours 5 min.
Total Time: 1 hours 15 minutes
Yield: 6 Servings

Source: <https://monkeyandmekitchenadventures.com/moroccan-sweet-potato-lentil-stew/> NOTE: Additional recipe notes can be found here

Ingredients

- 1 large **yellow onion**, finely diced
- 1 large **carrot**, finely diced
- 3 **sweet potatoes**, peeled and chopped into 1-inch pieces
- 1 ½ cups **uncooked small brown lentils** *
- 7 to 8 cups **water** (or broth) *
- 1 cup **vegetable** broth *
- 1 [14.5 oz.] can **petite diced tomatoes**, pureed
- 2 cups packed – fresh **baby spinach**

Herb/Spice Ingredients:

- 1 **bay leaf**
- 1 teaspoon **cumin** (see recipe notes*)
- ½ t. **ground coriander** (see recipe notes *)
- ½ teaspoon **turmeric** (see recipe notes*)
- 2 ½ to 3 teaspoons **sea salt** (+/-) *
- 1/4 teaspoon **black pepper** (+/- to taste)

Optional Toppings: Fresh cilantro – chopped – topping for individual servings

1. In a large ceramic/enamel-lined Dutch oven or similar stock pot, add the finely minced onion and carrot; sauté over medium heat until they begin to soften, approximately 4 to 5 minutes. Add a tablespoon or so of water if the onions and carrots start to stick and/or to prevent burning.
2. Add all the other the remaining ingredients to the Dutch oven, **except** the baby spinach and cilantro, bring to boil, then immediately lower to a simmer. Stir well to incorporate all the ingredients.
3. Simmer uncovered over medium-low heat for 45 minutes. At 45 minutes, push the potatoes over to the side of the pot (as much as possible) and remove approximately one cup of the cooked lentils and place them in a wide bowl. Smash them with a fork or potato masher, then return to the pot. This will give the stew more varied texture.
4. Test the flavors, add more spices, if necessary, to achieve the level of flavor you desire. Add the baby spinach and cook for another 15 minutes.
5. Discard the bay leaf and top individual servings with freshly chopped cilantro.

Prep Time: 20 mins**Cook Time:** 40 mins**Total Time:** 1 hr

HOMEMADE FRESH PUMPKIN PIE

This homemade pumpkin pie made with mashed, cooked pumpkin is my family's favorite. Skip the canned pumpkin and store-bought crust and make your holiday pumpkin pie from scratch with a flaky homemade pastry crust and a deliciously spiced pumpkin filling. Hope you enjoy it as much as my family does!

Recipe by **Randy Scott** | Updated on July 20, 2023

Ingredients

Pastry Crust:

- 1 $\frac{1}{3}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup shortening
- 3 tablespoons cold water, or more as needed

Filling:

- 2 cups mashed, cooked pie pumpkin
- 1 (12 fluid ounce) can evaporated milk
- 2 large eggs, beaten
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon, or more to taste
- $\frac{1}{2}$ teaspoon ground ginger, or more to taste
- $\frac{1}{2}$ teaspoon ground nutmeg, or more to taste
- $\frac{1}{2}$ teaspoon salt

Directions

Step 1

Preheat the oven to 400 degrees F (200 degrees C).

Step 2

Make the pastry crust: Mix flour and salt together in a bowl. Cut in shortening with a pastry blender until mixture resembles coarse crumbs. Mix in 3 tablespoons water, one at a time, until dough is moist enough to hold together. Add up to 1 more tablespoon water if needed.

HOMEMADE F R E S H PUMPKIN PIE continued

Step 3

Shape dough into a ball with lightly floured hands. Roll dough on a lightly floured surface to a thickness of 1/8 inch. Place a 9- inch pie pan upside-down on the dough; use a sharp knife to cut a circle of dough 1 1/2 inches larger than the pie pan. Remove and discard dough scraps and set pie pan aside.

Step 4

Gently roll circular piece of dough around the rolling pin; transfer it right-side up over the pie pan. Unroll, easing dough into the bottom of the pan. Use two hands to flute the dough around the top edges.

Step 5

Make the filling: Beat pumpkin, evaporated milk, brown sugar, eggs, cinnamon, ginger, nutmeg, and salt in a large bowl with an electric mixer until well combined. Pour into the prepared crust.

Step 6

Bake in the preheated oven until a knife inserted into the filling 1 inch from the edge comes out clean, 40 to 60 minutes. Cover the edges with foil if needed to prevent from burning as the filling cooks.

Step 7

Remove from the oven and cool to room temperature before serving.

To Prepare Mashed Pumpkin:

Cut a fresh pie pumpkin in half. Scoop out and discard seeds and stringy portions. Leave skin on and cut pumpkin into chunks. Measure out 1 1/2 pounds for this recipe to yield 2 cups of mashed, cooked pumpkin. If your pumpkin is larger, consider cooking 3 pounds and doubling the pie recipe above to make two pies.

Place pumpkin chunks in saucepan over medium heat with 1 inch water; bring to a boil. Reduce the heat to low, cover, and simmer until tender, about 30 minutes. Drain and cool. Remove and discard peel. Return pumpkin to the saucepan and mash with a potato masher or use a food mill until smooth.

CELERY SALAD WITH APPLES AND BLUE CHEESE

By Alexa Weibel, New York Times Cooking

Yield: 8 servings

Total Time: 20 minutes

Celery is perhaps at its best in salad: Its flavor is at its brightest and its crunch is unapologetically assertive. Celery root complements the chopped stalks, apples add sweetness and blue cheese — celery's classic cohort — provides punch. Flavorful enough to stand on its own, this salad isn't so striking that it doesn't play well with others. Celery salad makes a welcome addition to the Thanksgiving table, particularly since the crunchy salad ingredients are strong enough to stay sturdy if refrigerated overnight.

- 5 tablespoons extra-virgin olive oil
- ¼ cup finely chopped shallot
- 4 teaspoons coarse mustard
- 1 teaspoon finely grated fresh lemon zest, plus 4 teaspoons lemon juice (from 1 lemon)
- 1 teaspoon granulated sugar
- Kosher salt and freshly ground black pepper
- 1 head celery, trimmed, stalks peeled and thinly sliced on the diagonal, leaves reserved
- 2 tart red apples, such as Pink Lady
- 1 small celery root (about 12 ounces)
- 1 packed cup fresh parsley leaves, plus more for garnish
- ½ cup coarsely chopped roasted, salted almonds
- 1 cup crumbled bold, creamy but firm blue cheese (4 to 5 ounces)

Step 1: Prepare the vinaigrette: In a large bowl, whisk together the olive oil, shallot, mustard, lemon zest and juice, and sugar; season to taste with salt and pepper. Add the sliced celery and toss to coat.

Step 2: Core the apples, then slice them lengthwise into very thin wedges using a knife or mandoline. Add to the sliced celery and toss to coat. Peel or slice off the outer skin and layers of the celery root until no brown skin remains. Cut the celery root in half lengthwise, then slice into very thin half-moons using a knife or a mandoline. Add to the celery and apple mixture and toss to coat. (The salad will hold up fairly well refrigerated for 1 to 2 hours — or even overnight — from this point.)

Step 3: Just before serving, add the parsley, almonds and half the cheese, and toss to combine; season to taste with salt and pepper.

Step 4:

Transfer to a shallow serving bowl or platter; top with the remaining cheese, the reserved celery leaves and fresh parsley leaves. Serve immediately.

One of the farms I follow posted this recipe recently. She said she had never liked celery until she tried this soup.

Source: Bon Appetit
September 2014

Celery Soup

Ingredients

4 Servings

- 1 head celery, stalks chopped, leaves reserved
- 1 large waxy potato, chopped
- 1 medium onion, chopped
- ½ cup (1 stick) unsalted butter
- Kosher salt
- 3 cups low-sodium chicken broth
- ¼ cup fresh dill
- ½ cup heavy cream
- Flaky sea salt (such as Maldon) and olive oil (for serving)

Preparation

Combine celery, potato, onion, and butter in a medium saucepan over medium heat; season with kosher salt. Cook, stirring, until onion is tender, 8–10 minutes. Add broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with dill; strain. Stir in cream. Serve soup topped with celery leaves, sea salt, and oil.

Nutrition Per Serving

Calories (kcal) 420 Fat (g) 34 Saturated Fat (g) 22 Cholesterol (mg) 100 Carbohydrates (g) 25 Dietary Fiber (g) 4 Total Sugars (g) 4
Protein (g) 6 Sodium (mg) 190

Roasted Broccoli with Optional Garlic

From Shared Legacy Farms: Recipe adapted from Cook's Illustrated, January 2008

Trim away the outer peel from the broccoli stalk, otherwise it will turn tough when cooked. For Roasted Broccoli with Garlic, stir 1 tablespoon minced garlic into the olive oil before drizzling it over the broccoli.

Ingredients:

1 large head broccoli

3 T extra virgin olive oil

1/2 t. table salt

1/2 t. sugar

Ground black

pepper Lemon

wedges for serving

Directions:

Adjust oven rack to lowest position, place large rimmed baking sheet on rack, and heat oven to 500 degrees. Cut broccoli at juncture of florets and stems; remove outer peel from stalk. Cut stalk into 2- to 3-inch lengths and each length into 1/2-inch-thick pieces. Cut crowns into 4 wedges if 3-4 inches in diameter or 6 wedges if 4-5 inches in diameter. Place broccoli in large bowl; drizzle with oil and toss well until evenly coated. Sprinkle with salt, sugar, and pepper to taste and toss to combine.

Working quickly, remove baking sheet from oven. Carefully transfer broccoli to baking sheet and spread into even layer, placing flat sides down. Return baking sheet to oven and roast until stalks are well browned and tender and florets are lightly browned, 9 to 11 minutes. Transfer to serving dish and serve immediately with lemon wedges.