

**OLYMPIA FOOD CO-OP'S  
PRODUCE NEWSLETTER**

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Have you been outside lately? Things have really changed!

**Fall is here in a big way**, with cold, clear mornings and evenings, crunchy leaves blanketing the sidewalks, and for me, a desire to eat warming fall foods. Right now, we have so many wonderful, seasonal fruits and vegetables to choose from in the produce department. In this issue of the newsletter, you'll find some of my favorite recipes for using these foods, as well as descriptions of persimmons—fruits that we see for a brief window each fall. Hope you enjoy the changing season and get a chance to appreciate some of the tasty jewels of autumn.—Erin OFC Produce Manager

### **Easy Roasted Squash Seeds**

*from foodnetwork.com*

Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your squash into a bowl.

Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.

Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.

Add spices: Toss the seeds with olive oil, salt and your choice of spices. Return to the oven and bake until crisp and golden, about 20 more minutes. Some flavor ideas below:

\*Toss with cinnamon and sugar (do not use salt in step 4).

\*Toss with garam masala; mix with currants after roasting.

\*Toss with smoked paprika; mix with slivered almonds after roasting.

\*Toss with grated parmesan and dried oregano.

\*Toss with brown sugar, chipotle chile powder and ground cumin.

\*Toss with nutritional yeast

### **Organic Fuyu Persimmons**

Fuyu persimmons are ripe when firm, and can be enjoyed like an apple. Their firm texture is part



of their appeal. They are short and squat with a yellowish-orange skin color. Use them as you would an apple—just remove the leaf portion and slice up as a snack, or put in an autumn-inspired fruit salad. If you slice them in half across the middle you'll also be treated to a beautiful star-shaped pattern inside. The flesh of the Fuyu tastes a bit like a combination of papaya, pears, and apricots. Fuyus do retain their sweet flavor when they soften, so if they become overripe, don't worry, you can still eat them, they just won't have their distinctive firmness.

### **Organic Hachiya Persimmons**

These deep orange heart-shaped persimmons need to ripen until they are gooey and gelatinous before you



can enjoy them. Hachiya persimmons are tannic (and will suck all of the moisture out of your mouth) if you try to eat them before they're ripe, so have patience and wait to eat them until they're completely soft. Ripen Hachiyas at room temperature until they are squishy and feel like water balloons. Slice off the top and use a spoon to scoop out and enjoy the sweet, sticky pudding inside.

## Creamy Delicata Squash Soup

*adapted slightly from allrecipes.com*

3 delicata squash, helved lengthwise and seeded

1 onion, chopped

3 cups vegetable broth

1 1/2 cups whole milk yogurt

2 tbs butter

Salt to taste

Chopped sage leaves for garnish

Preheat oven to 325 degrees F (165 degrees C).

Place the squash, cut sides down, in a baking dish. Add 1/8 inch water in baking dish, cover with foil and bake 35-40 minutes or until tender.

Cool.

In a large saucepan, melt butter. Add onion and cook over low heat, stirring occasionally until onion is softened but not brown.

Scrape the squash out of the flesh and add to onions. Add the stock and yogurt. Cook over moderate heat, stirring occasionally, about 25 minutes.

Puree the soup with an immersion blender or in a blender or food processor. Season with salt and pepper to taste and serve topped with fresh chopped sage leaves.



## Fabulous Fall

### Kale and Pomegranate Salad

*This salad can easily be adapted to use other ingredients that you have on hand, for example, replace the beets or daikon with apples for a sweeter salad, substitute walnuts for pecans, or add some shredded parmesan or blue cheese crumbles for a richer salad.*



2 bunches Italian Kale, rinsed and torn from stems

Seeds from 1 Pomegranate

1 medium piece of daikon radish, peeled and shredded

1 medium beet, peeled and shredded

1 very small red onion, finely chopped

1 large handful of pecans, toasted and chopped

Dressing

6 Tbs fresh lemon juice

3 Tbs olive oil

2 tsp jam (cherry or orange marmalade are great here, but any jam will do)

Salt and pepper

Make the dressing by combining the lemon juice, jam, and a little salt and pepper. Add the oil in a slow stream, whisking as you pour. Set aside. Chop the kale into fine ribbons. Pour the dressing into a large bowl. Add the kale and massage the dressing into the kale leaves with your hands. Now add the shredded beet and daikon, pomegranate seeds, red onions, and pecans. Mix well and serve.

## Perfect Brussels Sprouts

*From epicurious.com*

1. Heat oven to 400F
2. Trim the end off sprouts and cut in half lengthwise
3. Place sprouts, a little olive oil, and a sprinkle of salt on a baking sheet and toss to combine
4. Roast for about 20 minutes, then top with sliced almonds
5. Roast for 5 more minutes. Remove from oven, squeeze on a little lemon juice, sprinkle on some parmesan. Serve