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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 . ■



How to Easily Remove Seeds From a Pomegranate



Pomegranate seeds are a great addition to fall dishes. They are high in antioxidants, and also contain a healthy dose of Vitamin C. Their unique tart and sweet flavor makes them an especially nice addition to fall salads. I have seen a few recipes that call for pomegranate seeds which include notes that say something along the lines of "you can find pomegranate seeds at Trader Joe's/Whole Foods, etc". I'm here to tell you that you do not need to buy packaged pomegranate seeds! Pomegranate seeds come in their own natural package (the pomegranate!), and they are easy to get out if you know how. The trick? A bowl of water and a colander or strainer. You cut the pomegranate into quarters and then submerge it in the bowl of water and massage to gently release the seeds. The seeds sink to the bottom and the white pith

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floats to the top. There are lots of videos demonstrating this; just go to YouTube and search for “removing pomegranate seeds in water” if you’d like to see a demonstration. I don’t have a strainer, so I just skim the white pith off the surface of the water with my fingers and then dump the water and seeds in a colander to drain. This only takes a few seconds, and you get to enjoy delicious pomegranate seeds with no mess. ■

Italian 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.



Salad Ingredients

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. ■

Persimmon and Arugula Salad With Pomegranate Seeds, Mint, and Feta

From seriouseats.com

1/4 cup red wine vinegar

1/2 cup olive oil

Kosher salt and freshly ground black pepper

3 Fuyu persimmons

1/4 cup pomegranate seeds

4 cups baby arugula

1 1/2 tablespoons finely chopped fresh mint leaves

1/4 cup crumbled feta

Whisk red wine vinegar and olive oil in a small bowl. Season with salt and pepper and whisk again.

Trim persimmon tops and ends, and peel skin using a vegetable peeler. Halve and cut persimmons into thin slices. Place persimmons in a large bowl along with pomegranate seeds, arugula, mint, and feta. Toss with vinaigrette, garnish with cracked black pepper, and serve immediately. ■

Easy Stuffed Winter Squash

1 winter squash, cut in half and seeds removed

1 cup cooked grain (brown rice, quinoa, etc.)

1/2 cup toasted nuts

Oil for sautéing

an assortment of finely chopped veggies (I like to use onion, garlic, grated carrot, celery, and finely chopped greens. Mushrooms and finely diced zucchini or peppers would also work well here)

salt and pepper

dried herbs (I like thyme, summer savory, or dill)

a bit of grated sharp cheese (like cheddar or swiss)

Preheat oven to 350F. Place squash cut side down on a cookie sheet. Add about 1/2 inch of water to cookie sheet. Bake squash in oven until it is soft enough to be pierced with a fork, adding water as necessary to keep the pan from drying out (the water allows the squash to steam). Cooking time will vary greatly depending on the thickness and type of squash you are using. (For reference, delicata squash takes about 20 minutes to cook, acorn squash takes about 40 minutes). While the squash bakes, prepare the stuffing. Sauté the vegetables in the oil, starting with the onions and garlic. Add each vegetable and cook until soft, adding salt, pepper, and herbs to taste. Mix sautéed vegetables with cooked grain and toasted nuts, adjusting seasoning as desired. When winter squash is finished baking, flip it over and fill with the grain-vegetable mixture. Top with grated cheese and put back in the oven and heat until cheese is melted. ■

-Erin, OFC Produce Manager