



WEEK OF AUGUST 29, 2022 WEEK 35/52

Sweet Potato Greens

This week some of you will find something new in the box, Sweet Potato Greens. Yep, you read that correctly and yes, they are edible! Recently I have had a few people at the farmers market ask if we had sweet potato greens available, and my response was, “You can eat sweet potato greens?!” How awesome is that, cause we have a gorgeous chunk of field loaded with them! So, I did what I do, and googled it. I found this great article on Tufts University’s [webpage](#) and here is what they have to say:

Sweet potato greens are the mildly flavored leaves of the sweet potato plant, often eaten in Asia and Africa. While sweet potatoes are more often grown for their edible tubers in the United States, in many parts of Asia and Africa, sweet potatoes are grown, at least in part, for their edible greens. The greens are edible raw, but are a bit strong in flavor. Try sautéing them in the place of spinach, adding them to stir-fries, or chopping them finely and adding them to salads.

The sweet potato dates back to prehistoric times, likely originating in the tropical climates of Peru and Ecuador. These vines have a delicate texture and can be used similarly to spinach or turnip greens. Like turnip greens, sweet potato greens are slightly bitter and tough, so are best prepared in a way that reduces that bitterness. In southern cooking, bitter greens are boiled for ages; you can vary this by using only enough water to cover the greens, bringing it to a boil, throwing in some salt and the cleaned, roughly-cut greens, and boiling for 5-7 minutes. Then remove the greens and run them under cool water, chop finer, and use in any recipe. You can then sauté them lightly with garlic, a splash with vinegar, a bit of molasses, and add a little Bragg’s amino acids or soy sauce to get the flavor that meat imparts.

Handling: Wash and chop sweet potato greens as you would other hearty greens. When looking for sweet potato greens, look for sweet potatoes with dark flesh, and deep green leaves (these are the ones with the most nutrients).

Storing: When washing the greens, use small amounts of water and subsequently, wrap them in a damp paper towel, cover them in a plastic bag with small holes, and place in the crisper drawer of your refrigerator. This will allow the greens to keep for several days.

Preparing: In order to prepare sweet potato greens to ensure maximum nutritious value, it is important to follow these steps when preparing sweet potato greens:

- Rinse and chop the leaves into large chunks and remove the stems.
- Use a minimal amount of water to reduce nutrient loss
- Heat oil (with water) in pan and add greens



- Cover and simmer for 3-5 minutes
- Remove from heat, drain, and serve immediately

Tips: Sweet Potato Greens can be stir-fried with fresh ginger, sesame oil, and lemon juice. Stir-frying cooks food quickly and helps reduce nutrient loss. The Maori people of New Zealand often use sweet potato broth to treat acne. These greens also pair nicely with brown rice or whole grain pasta.

The fact is, in our super hot summers, it is impossible to grow almost any greens, and certainly too hot for lettuce. But I know we all would love a little variety to break it up from a summer of summer veg. Besides adding a bit of variety to the box, there are two really great reasons for

harvesting the greens, first of all, it gives us a second crop from this rather large and expensive planting. Now we can get sweet potatoes *and* their greens. The other is, according to what I have read, it is actually good for the plants and tuber growth to harvest the leaves. Once the plant has established and those gorgeous orange tubers are growing, cutting the leaves sends energy downward giving us better growth where we really want it. I have not yet had the chance to try them, so y’all are my guinea pigs:). I will grab some tomorrow and cook them up. Would really love your feedback on this one, and I am hoping everyone will love them.

Tomato Molasses?

I have been roasting the tomatoes that come back from the market every weekend. I have my routine, I cut the “butt end” off and put them onto a roasting pan. Pop them in the oven at 375, then roast for a good long while. I do two racks and switch them when the top tray is at the start of showing a bit of charring. When they are done, I put them into a Chinois strainer with a stand, draining right into a pot. I cook that juice down slowly all day, constantly adding the juice from the next round of roasted tomatoes. The tomatoes I run through a food mill twice to eliminate the skins and seeds and then jar it up to can or to freeze. But I keep cooking the juice on low, like for a couple of days. I’ll turn it off at night, and then turn it back on the next morning. Basically I have now cooked it down to almost a molasses or syrup consistency. I tasted it today, and wow is that delicious! I haven’t added anything to it, no salt, no acid, and definitely no sugar. Today I made some tofu “fish stick” for lunch and added a bit of the tomato molasses to the pan at the end, and what a flavor it gave. I think I have found a mind blowing bbq sauce you could make with this. I did google tomato molasses but only found green tomato molasses. Have any of you made this before? How do you use it? Inquiring minds want to know:)

RECIPES AND IDEAS FROM KENDAL

Dill Honey- Mustard Chicken Salad Pita

Recipe found on "Self," by Christine Byrne. A great option would be to add zucchini! Either raw or roasted with the chicken!

4 ounces chicken breast, bone in, skin on
2 Tbsp olive oil
1 Tbsp dijon mustard
1 Tbsp fresh dill, chopped
2 tsp honey
¼ cucumber, roughly chopped
1 whole wheat pita pocket
½ c spinach
Heat oven to 450

Season chicken liberally with salt and pepper and place on a sheet pan lined with parchment paper or in an oven safe skillet. Roast until there is no pink in the middle and the thermometer inserted in the middle reads 165- 30 to 40 minutes. Cool to room temperature, then remove skin and bones and cut into ½ inch pieces.

In a bowl, stir together olive oil, mustard, dill, honey, paprika, and salt and pepper. Add chicken, cucumber, and spinach then toss.

Spoon chicken salad into a pita pocket and serve!

Raspberry Rose Vinegar

Recipe found on "Living Awareness," by Kami McBride. This is for the long game, you're going to want to let this sit for a month prior to use! The infused vinegar will last up to three months in a cool, dark place or up to six months in the fridge. You can add this to olive oil to make a salad dressing, use it in cocktails or mock-tail "elixirs," or as an alternative to traditional apple cider vinegar in cooking/baking. This is a great way to get your use out of herbs in general with unpredictable shelf lives (rosemary, lavender, thyme). If you want to do a different combination, sub raspberries and rose geranium, and rose petals.

1 c fresh raspberries
½ to 1 cup fresh rose geranium leaf and flowers
¼ c organic fresh rose petals
3 c apple cider vinegar
Put the raspberries, herds and vinegar in a clean glass jar and seal the jar closed.
Allow to sit for a couple of days - 2 to 3- then check the jar to make sure the herds are still submerged in the vinegar. If necessary, add more vinegar to the jar. Let infuse in a cool dark place for 1 month. After 1 month, strain and discard the berries in herds.

Sweet Potato Greens in Coconut Cream

Recipe found on "Love and Olive Oil," by Lindsay.

1 large bunch of sweet potato greens
1 Tbsp vegetable oil
2 shallots, minced
1 clove garlic, minced
1 tsp finger root, freshly minced
2 tsp turmeric root, grated fresh
OR 2 tsp ground turmeric
1 red Thai chili, finely sliced
2 inch lemongrass stalk, trimmed and finely sliced
1 to 2 tsp soy sauce, or to taste
1 c coconut cream + 1 c of water
OR 2 c of light/regular coconut cream milk
2 to 3 tsp raw or brown sugar, or to taste
Salt and pepper, to taste

Bring a large pot of water to a rolling boil. Trim off any thick stems for greens. Add to boiling water and

blanch for 60 seconds, then immediately transfer greens to a bowl filled with ice water to stop the cooking. Drain.

Heat oil in a large pan or wok over medium heat. Add shallots, garlic, ginger, turmeric, chili and lemongrass and stir until fragrant, 1 to 2 minutes. Stir in soy sauce.

Add coconut cream and water (or coconut milk) and bring to a simmer. Add blanched greens and return to boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste.

Spoon into a bowl and serve with rice!

Plum Sauce

Recipe found on "Daring Gourmet," by Plum sauce is a great addition to most Chinese/Asian cuisine; stir fry, basted over meats/poultry and seafood, baked on as a glaze, etc. Homemade, it can last up to

two weeks in the fridge or up to a year when pressure canned!

2 lb plums, pitted and chopped
½ c garnet yam (orange flesh), diced
½ c yellow onion, chopped
½ c apple cider vinegar
¾ c light brown sugar
¼ c soy sauce or tamari
2 Tbsp honey
2 Tbsp ginger, freshly grated
2 cloves garlic
1 tsp sea salt

Optional Spice Mixture:

1 2-3 inch cinnamon stick
2 whole star anise
4 whole cloves
½ tsp Sichuan peppercorns
¼ tsp whole fennel seeds

OR ALTERNATIVE: 1 tsp Chinese Five Spice Powder

Place all the ingredients except for the spice mixture in a medium sized pot and bring to a boil. Reduce the heat to medium-low and simmer uncovered for 30 minutes. Use an immersion blender or transfer to a blender to puree until smooth, then return to the pot.

Skip if you are using five spice powder

Place the whole spices in a small dry pan and toast over medium- high heat just until fragrant. Be careful not to scorch the spices or they will taste bitter. Let the spice cool and then place the whole spices in a piece of cheese cloth tied shut with a string or in a tea sachet. For five spice powder, add to a piece of cheese cloth tied shut with a string or in a tea sachet.

Place the spice packet in the pot with the plum sauce and continue to simmer uncovered for 25 to 45 minutes until the sauce is thickened to the desired consistency. Discard the spice packet. Let the sauce cool. Store in the fridge in an airtight non-reactive container. Will keep up to 2 weeks.

CANNING INSTRUCTIONS:

Ladle the hot plum sauce into sterilized jars, seal with the lids and process in a boiling water canner for 15 minutes. Turn off the heat and let sit for 5 minutes. Remove the jars and let sit undisturbed for 24 hours then check the seals. Will keep in a dark, cool place for at least a year. After opening, refrigerate and use within two weeks.

This Week's Box

*Potatoes
*Grapes
*Scout Onions
*Chives
*Plums
*Basil
Cucumbers
Eggplant OR Sweet
Potato Greens
Garlic
Zucchini or Cabbage
Rose Geranium
* = Items in Box for 2