

## IN THE SHARE

- Pumpkins!
- Root Veggie Choices
- Cooking Greens
- Hot Peppers
- And more!

## PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

### RED

Dill Seeds, Lovage, Oregano, Chives, Marigolds, Russian Sage, Tarragon, Peppermint, Spearmint, Lavender, Thyme

### ORANGE

Sorrel, Thyme, Cosmos, Fennel, Basil, Celosia, Gomphrena, Salvia, Snapdragons, Dill

### BROWN

Verbena

### PINK

Parsley, Lemon Basil, Basil, Thai Basil, Zinnias, Scabiosa, Roselle, Statice, Strawflower

### YELLOW

Lemon Balm  
Sage

### NEED HELP?

Ask a Red Wiggler staff for help finding these in the PYO, ideas on how to use them, or anything else!

## PUMPKIN BERRIES?!?

I started today's newsletter thinking I was going to write a couple of simple, straightforward paragraphs on pumpkins, but the first interesting fact I read—that pumpkins, botanically speaking, are berries—derailed that idea. Pumpkins are berries? What?!? I mean, from my reading on the [fruits versus vegetables](#) debate, I knew that pumpkins are technically fruits. But let's dig deeper and find out what makes a pumpkin a berry too.

In botany, a berry is a fleshy fruit without a pit, produced from a single flower containing one ovary. A berry is also indehiscent, which means it doesn't split along a line of weakness to release its seeds (think of the way a milkweed pod—abundant in Red PYO right now—splits to release its seeds: that's dehiscence). Instead, it relies mainly on decay or predation/ingestion to release its seeds.

Okay, let's check what we now know against the pumpkin. Fleshy fruit without a pit? Check. Produced from a single flower? Check. Indehiscent? I've had enough volunteer squash plants on my compost pile to know that's a check! Well, I'll be darned folks: we've got ourselves a berry! Not only that, but an even more specialized type of berry called a pepo, which is characterized by having many seeds and a tough outer skin.

Knowing that pumpkins are botanically defined as berries got me thinking: what other foods are berries? Lots, it turns out. Avocados, bananas, coffee, eggplants, tomatoes, grapes, and watermelons are all technically berries. To add even more to the botanical confusion, some foods we call berries—blackberries, strawberries, serviceberries and mulberries—aren't berries at all! Oomph, my head hurts! For more brain exploding info, I recommend this detailed [Wikipedia page](#). Watch out for rabbit holes!

Luckily, we don't have to be botanists to enjoy pumpkins. This year's variety, called Cinnamon Girl, is cute and sweet and tasty. Remember, these are eating berries, I mean pumpkins. So make some soup, chili, or bread with this one, and enjoy it while you carve one from our friends at [Butler's](#) or [Rock Hill](#).

## PYO HIGHLIGHT: ROSELLE LEAVES

In other newsletters, we have highlighted roselle (*Hibiscus sabdariffa*), and focused on their calyxes—the deep pink, cranberry-flavored pods that are used around the world to make [teas](#), [jellies](#), [chutneys](#) and more. There are still lots of those to harvest, but today we're going to focus on the leaves, which are eaten as a raw or cooked green in



many parts of Africa and Southeast Asia. Since we know we're going to lose the roselle plants due to frost in the near future, it's a great time to give the leaves a try. Roselle leaves have a tart, vegetal flavor, reminiscent of sorrel. Because they are a relative of okra, they do have a slight mucilaginous quality to them. Their tartness can brighten a raw salad, balance the richness of hearty meats, and add depth of flavor to soups and stews. To harvest, simply snip the leaves off at the base. Store unwashed in a plastic bag until ready to use.

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Gongura Pappu (Roselle Leaves in Dal) **GF Veg DF (with modifications)**

*I must admit, I have never cooked with roselle leaves. But I love dal of any kind, so when I found this recipe, I was intrigued. The sourness of the roselle leaves (called gongura in the Andhra province of India, where it is popular) balances well with the rich texture of the lentils and the strength of the heat and spices. Adapted from [www.saffrontrail.com](http://www.saffrontrail.com).*

### INGREDIENTS

- 1 cup dry yellow lentils (toor dal)
- **3.5 oz of fresh roselle leaves, destemmed**
- ½ tsp turmeric powder
- 2 tbsp ghee
- pinch of asafoetida (optional)
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- 2 sprigs curry leaves
- **1-4 hot chilies (optional), slit down the middle**
- **4 cloves garlic, minced**
- 1 inch knob fresh ginger, grated
- 1 medium onion, thinly sliced
- 1 tsp salt



### DIRECTIONS

1. Wash the dal well, soak for 1 hour in a large saucepan. Wash the gongura, chop roughly and set aside.
2. Drain and rinse dal, add 5 cups of water, the chopped gongura leaves and turmeric to a large saucepan. Bring to a boil, then reduce to a medium simmer for 25-30 minutes, until very soft.
3. Mash the dal and gongura using the back of a round ladle. Or use an immersion blender to partially puree.
4. Heat ghee in a large, heavy-bottomed pan.
5. Sprinkle the asafoetida, cumin and mustard seeds. As soon as the seeds splutter, strip off curry leaves from the stems and add to the ghee, along with slit green chilies, garlic and ginger.
6. Stir for a minute on low flame. Mix in the sliced onion with a pinch of salt and sweat on a medium flame for 7-8 minutes until the onions are soft. Transfer the cooked dal and gongura to the pan, along with the salt and allow to come to a simmer. Adjust consistency with some water if needed.
7. Serve hot with rice. Serves 2 as a main course, 4 as an accompaniment to meat or other main dishes.

SATURDAY, OCT 28TH FROM 9-12

## **FRIENDS AND FAMILY MARKET & TOUR**



**TOUR  
STARTS  
AT 10 AM**

Last tour of the season! Led by our Executive Director, Woody Woodroof, our October Field Tour will give participants a deeper understanding of our mission, vision, values and practices.

Free for all CSA members and their guests.