

## IN THE SHARE

- Pumpkins
- Garlic
- Carrots
- Greens Choices
- And more!

## PICK-YOUR-OWN

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

### **RED**

Lovage, Oregano, Chives  
Tarragon, German Thyme,  
Peppermint, Spearmint,  
Lavender, Russian Sage,  
Marigolds, Dill, Jasmine-  
Scented Nicotiana

### **ORANGE**

Sorrel, French Thyme,  
Gomphrena, Celosia,  
Tithonia, Snapdragons,  
Calendula, Lamb's Ear,  
Cosmos, Roselle

### **PINK**

Parsley, Zinnias, Statice,  
Basil (lemon/Thai/Italian),  
Cilantro, Strawflower, Dill,  
Pincushions, Cosmos

### **BROWN**

Verbena  
Fennel Seeds  
Black-Eyed Susan

### **YELLOW**

Lemon Balm  
Sage

**Need help finding or using the flowers and herbs in the PYO? Just ask a RWCF staff member or volunteer!**

## Meet Our Food Assistance Partners: Part 2

In case you missed it, [last week](#) and this week, we are highlighting our closest partners in our fight against food insecurity in Montgomery County. We feel honored to partner with organizations that are working so hard on so many fronts: feeding hungry people, reducing food waste, and fostering community.



### [Clarksburg Community Assistance Network:](#)

Operating out of a church basement in Clarksburg, CCAN is a small food pantry that operates monthly. Because of their small size, the all-volunteer staff gets to know their clients, welcoming and helping them with the warmth and care of old friends. We donate produce to CCAN every month, and have volunteered with them (along with some CSA members!) several times.

[AfriThrive:](#) Dedicated to helping immigrant and minority families survive and thrive in Montgomery County, AfriThrive offers food assistance, business development assistance, financial literacy training, and more. They also have a farm where they grow produce that is culturally relevant to the African diaspora. They have been a recipient of many of our gleaned sweet potato greens—a nutritious vegetable that is not well known in our culture, but very popular across the African continent.



[So What Else:](#) Originally founded as an after-school program for at-risk youth, So What Else made an immediate pivot into the food assistance world at the start of the COVID pandemic. Since then, they have taken their motto (“So What Else can we do to help?”) seriously, expanding their food assistance operations to help meet the growing needs in our county, while still offering the high-quality after-school programming they started with.



We donate to SWE regularly, and have even taken groups of staff and volunteers to help out at their weekly food distributions.

## PYO Highlight: Cilantro & Dill

While all the recent rain and cool weather has signaled the end for some of our summer flowers and veggies, others thrive in it. Cilantro and dill are two such plants. The PYO features both herbs in a variety of stages right now, but if you're looking for some young, tender leaves to dry or [freeze](#) for winter use, the newest dill and cilantro in the PINK PYO is perfect this week!

# Recipes

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

## Calabaza en Tacha (Candied Pumpkin) **VEG DF GF**

*Candied pumpkin is a traditional dessert associated with Dia de los Muertos (Nov 1-Nov 2) celebrations across Mexico. There are many regional variations—below is the basic recipe from [Mexico in my Kitchen](#), which can be adjusted as you like (some suggestions below). This recipe can be made with kabocha squash, butternut squash (coming soon!), or even [sweet potatoes](#), so consider trying this for one—or more—of the many upcoming fall/winter holidays!*

### INGREDIENTS

- 1 medium pumpkin, 3-4 lbs
- 2 small piloncillo cones\*, about 10 oz
- 2-3 Mexican cinnamon sticks
- 1 orange, sliced
- 4 cups water

### DIRECTIONS

1. Scrub the outside of the pumpkin, then cut in half and remove the stem, seeds and strings (reserve seeds for roasting, if desired). Slice into 3" sections and set aside.
2. Place piloncillo cones, orange slices, cinnamon sticks and water in a large, heavy pot over medium-high heat. Stir occasionally until the mixture is boiling and the piloncillo cones are dissolving. Once dissolved, add the pumpkin pieces.
3. Lower heat, cover pot, and simmer for about 20-30 minutes at medium heat. It will be ready when the pumpkin is fork-tender and it has soaked up some of the syrup. Cooking time will vary, depending on how thick your pumpkin is.
4. Once the pumpkin is cooked, remove from the pot using a slotted spoon and transfer to a tray. Remove the orange slices from the pot as well, and discard.
5. Return the syrup to medium-high heat and boil, stirring occasionally, until the syrup become thick. Return pumpkin pieces to pot and spoon syrup over them.
6. Serve pumpkin warm or at room temperature with a generous drizzle of the piloncillo syrup on top.



*\* Piloncillo cones, also called panela, are cones of unrefined, evaporated cane juice. They can be found at Latin markets, most international grocery stores, or even in the international aisle at most large grocers.*

### *Serving Suggestions:*

- To up the spice factor, consider adding any or all of the following: 1 star anise, 2 whole cloves, 2 allspice berries
- Top with a drizzle of heavy cream, whipped cream, evaporated milk, or serve in a shallow bowl of warm milk
- Add toasted nuts and chopped dried fruit to the syrup as it is thickening, then top the pumpkin with it

