



# Riverland Family Farms



CSA Week 21

Corvallis, Oregon

## Pumpkin

We have one more week to go and next week will be our last box of the season. This week I am sharing a pumpkin recipe. Pumpkin is not in the box, but I am assuming most of us have it around the house this time of the year. This recipe uses several spices and has slight flavor of tanginess and strong flavor of spices. You can modify it and make it without some of the less common spices mentioned in the recipe (i.e. Asafoetida, Dry mango powder, Onion Nigella Seeds). In that case I mix onion and tomato tadka to the cooked pumpkin (Reference: 2020 CSA week 17 recipe; <https://www.riverlandfamilyfarms.com/newsletter>). It still comes out pretty good. Hope you enjoy it!

As a reminder, if you have CSA vacation credit, you can use it to order Fall storage produce (1 vacation credit = \$20). Please send an email at [csa@riverlandfamilyfarms.com](mailto:csa@riverlandfamilyfarms.com) by **Saturday 5pm** to place an order to be picked up with your produce box on Tuesday/Wednesday. All produce is subject to availability. The Fall storage produce list is included below. You still have the option of using your vacation credit at our Corvallis Farmers' market booth (Saturday and Wednesday) until the last market day this year, November 24th.

**Important:** Any credit not used by the last market day will NOT carry forward to the next year.

Until next week,  
Stay Safe, Stay Healthy!  
Ruby

| Produce Item                              | Quantity   | Credit Equivalent |
|---|------------|-------------------|
| An extra harvest box upon request         | 1 box      | 1 credit          |
| Butternut Squash (Available late October) | 14 lbs     | \$20              |
| Delicata Squash (Available late October)  | 14 lbs     | \$20              |
| Sunshine Squash                           | 14 lbs     | \$20              |
| Fresh Ginger                              | 1.25 lbs   | \$20              |
| Fresh Turmeric (Available late October)   | 1.25lbs    | \$20              |
| Red Onions                                | 12lbs      | \$20              |
| Red or Yellow Potatoes                    | 12 lbs     | \$20              |
| Strawberry                                | Half-flat  | \$20              |
| Strawberry                                | Full- Flat | \$40              |

### WHAT'S IN THE BOX?

- Broccoli *1 or 2 each*
- Rainbow Chard *bunch*
- Fresh Turmeric *1/4lb*
- Red Onion *2 each*
- Ubleen Pear *4 or 5 each*
- Red Round Radish *bunch*
- Salad Mix *1.5lb bag*
- Cherry Mix Tomatoes *pint*
- Strawberries *pint*



## Tangy Spicy Pumpkin

Source: [archanakitchen.com](http://archanakitchen.com)

### Ingredients:

- ◊ 1 small pumpkin cut into 1 inch cubes
- ◊ 1 inch ginger, finely chopped
- ◊ 1 teaspoon garlic, finely chopped
- ◊ 1/4 teaspoon fenugreek seeds
- ◊ 1/2 teaspoon mustard seeds
- ◊ 1 teaspoon fennel seeds
- ◊ 1 teaspoon cumin seeds
- ◊ 1/4 teaspoon onion nigella seeds (Kalonji)
- ◊ 1 pinch asafoetida (hing)
- ◊ 2 green chilies, slit
- ◊ 1 teaspoon red chili powder
- ◊ 1 teaspoon dry mango powder (Amchur)
- ◊ 1 teaspoon turmeric powder
- ◊ 1 teaspoon garam masala powder
- ◊ Oil
- ◊ Salt to taste
- ◊ 1 teaspoon Punjabi style mango pickle gravy
- ◊ Cilantro, finely chopped



Combine pumpkin with 1.5 cups water and salt. Cook on medium heat until tender. Drain the remaining water and transfer the pumpkin into a bowl.

Heat a skillet with oil on medium flame. Add the mustard seeds, fenugreek seeds, fennel seeds, onion seeds, and cumin seeds. Allow them to sizzle. Add a pinch of asafoetida, then add the ginger, garlic, and green chili and saute for a few seconds. Sprinkle some salt, and add red chili powder, dry mango powder, turmeric powder, and garam masala powder. Add the gravy from Punjabi mango pickle. Add in cooked pumpkin cubes and stir all the spices together. Remove from heat and sprinkle chopped cilantro on top. Serve with cooked naan.