

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Turnips
(Scarlet Queen &
Hakurei varieties)
Beets
Mustard Greens
Braising Mix
Peppers
Eggplant
Garlic
Sweet Potatoes

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:

Dill
Parsley
Nasturtiums
Zinnias
Cosmos

Welcome to the Extended Season!

We are so glad to have you back with us for the next few weeks of our extended season. The crops are looking great, and harvesting has been really fun for all of us this week.

Not only are we harvesting this week, but we are also planting! That's right, the crew has been busy putting seeds in the ground, not for our 2011 season, but for next spring. Our beloved garlic went in the ground yesterday, and will have a nice long winter nap before it breaks through as the beautiful green shoots that let us know that spring has truly arrived.

The process of preparing and planting the garlic is a bit of an art and a science, but it can also be simple enough to do in your own garden. When we harvested our garlic crop earlier this summer, the bulbs were sorted and we set aside the garlic that met our seed garlic standards. The handling of the garlic during and after harvest does impact the quality of the garlic for growing, so we take special care keeping an eye on humidity and temperature as best we can in the barn.

Over the past few weeks, we have been separating the seed garlic bulbs into their individual cloves, leaving as much paper intact as possible. On Monday, the cloves took an overnight soak in a kelp solution, and bright and early Tuesday, they were drained and ready to pop into the soil. Planting is a big project, and it really takes a team effort.

It's all worth it, though, for those delicious bulbs of beautiful garlic! We hope you'll ask us about the planting process if you have any questions, and we hope you've enjoyed this season's garlic as we look forward to next!

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it.

Thanks~

Stovetop Turnips

This is a really simple way to let your turnips shine. By preparing them on the stovetop instead of roasting them, you can really keep an eye on their progress. See if you like yours with some bite to them, or if you prefer to let them cook until they are softer. And don't forget the greens!!

1 bunch Turnips, quartered then sliced into 1/4-1/8" slices
1 tsp butter, oil or liquid
Salt & Pepper to taste

Rinse and scrub the turnips thoroughly. Only peel those with particularly tough skins- the rest add great flavor and texture.

Heat the oil or sauté liquid in a skillet large enough to hold the sliced turnips with room to move. Add the turnips, stirring regularly to avoid sticking. Add more liquid if needed.

When they are just tender, season with salt & pepper; remove from heat. Serve as they are, or sauté some steamed turnip greens in the same pan for a roots & greens dish.

While the spicy kick of the turnips holds up nicely on its own, you can add ginger or garlic, or just dress with a tiny pat of butter on the warm turnips & greens. Yum...

Braised Greens with Red Wine Vinegar

1 medium yellow onion, sliced into thin half moon
1-2 cloves garlic, minced
3 Tb olive oil, divided
3/4 tsp sea salt, divided
1 lb braising mix (or a mix of kale, turnip greens, Asian greens, etc.)
3 cups water or broth
2-3 carrots, ribbons (~1 cup)
1/4 tsp garlic powder
1/4 cup red wine vinegar

Heat a heavy bottom large stock pot over medium heat. When pan is hot add 1 Tb oil, onion, garlic and 1/4 tsp sea salt. Stir to coat the onion and sweat the onion on medium heat until soft and translucent.

Chop the braising mix into 2 inch chunks. You can pull the leaves off of the midribs if they seem large or leave them intact if you want to save time.

Add the braising mix and the 3 cups of water/broth. Stir frequently for 1-2 minutes to get all the greens wilted and wet. Cook on medium heat for 10 minutes.

Uncover and give the greens a stir. At this point they should just be peeking out from the liquid. Leave the pot uncovered and cook for 10 more minutes.

Meanwhile use a vegetable peeler to make long ribbons out of your carrots. Shoot for about 1 cup of carrot ribbons.

Add the carrots, garlic powder, red wine vinegar, 1/2 tsp sea salt, and 2 Tb olive oil. Stir to combine and simmer for a couple more minutes.

Serve warm as the centerpiece or alongside your favorite meal.