

Extended Season Week 2
October 26, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Beets
Turnips
Chard / Mizuna
Kohlrabi
Arugula
Pac Choi
Tatsoi

In the PYO:

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

Check with staff to
see what is still
holding strong!

Snow in October! Trick or Treat?

While a few frosts and a blanket of snow aren't the norm for our weather in October, the extended season can be full of surprises! Like many of Nature's little tricks, there is a treat on the flip side.

We prepare for the tricks. If you have been up in our fields lately, you may have noticed the floating row cover hovering above the more sensitive of our crops. This series of hoops and agricultural fabric is designed to allow sunlight and moisture to move through the barrier while giving the crops some insulation and protecting them from the damage that can be caused by direct frost. We also use the row cover in the spring, as it protects young plants from bug damage and insulates against cool spring temperatures.

As for the treat, the frosts and snow blanket are actually a great thing for some crops, like the greens. Now that the days have shortened, greens are not putting much energy into growing anymore, but are essentially storing in the fields. The colder temperatures result in sweeter greens, as the plants convert some of their energy into sugars. This is good news for us still enjoying the harvest!

★ 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~

Balsamic-Glazed Beets

Adapted from Gourmet

If roasting your beets isn't your favorite pastime, here is a stovetop option for achieving the same sweet, tender beets. Of course, this delicious sauce can be used on oven-roasted beets as well! Try adding some roasted carrots to the mix for a different dish.

3 1/2 pounds beets (4 pounds with green attached, reserving greens for another use), scrubbed and trimmed, leaving about 1 inch of stems attached

3 tablespoons balsamic vinegar

2 tablespoons pure maple syrup or honey

1 tablespoon olive oil

1 1/2 teaspoons minced fresh thyme leaves

In a large saucepan cover beets with salted water by 1 inch. Simmer beets, covered, 35 to 45 minutes, or until tender, and drain in a colander.

Cool beets until they can be handled and slip off skins and stems.

Cut beets lengthwise into wedges. Beets may be prepared up to this point 2 days ahead and chilled, covered. Bring beets to room temperature before proceeding.

In a large skillet stir together vinegar, syrup or honey, and oil and add beets.

Cook beet mixture with salt and pepper to taste over moderate heat, stirring, until heated through and coated well.

Sprinkle about half of thyme over beets and toss gently.

Serve beets sprinkled with remaining thyme.

Sautéed Kale with Kohlrabi

Adapted from Gourmet

Kohlrabi can be an intimidating vegetable, but it doesn't have to be! Here it is a delicious compliment to kale, but of course this recipe will work beautifully with just about any cooking greens.

• 1 1/4 pound kohlrabi, bulbs peeled

• 1/2 teaspoon grated lime zest

• 2 tablespoons fresh lime juice

• 1/4 cup extra-virgin olive oil, divided

• 2 pounds kale (2 bunches), stems and center ribs discarded

• 5 garlic cloves, finely chopped

• 1/3 cup salted roasted pistachios, chopped

Very thinly slice kohlrabi with slicer, or cut bulb in half, place flat side on cutting board, and slice as thinly as possible.

Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.

Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers.

Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes.

Transfer to a bowl and cool to room temperature. Toss kale with kohlrabi and pistachios. Serve warm.