

Fall 2  
October 16 & 19, 2013

# The Worm's Voice

*Red Wiggler's CSA Newsletter*



## ***In your share:***

Kale  
Collards  
Tatsoi / Pac Choi  
Beets / Carrots  
Arugula / Lettuce  
Chard / Mustard Greens  
Potatoes / Sweet Potatoes / Winter Squash  
Sweet Peppers / Eggplant

## ***In the PYO:***

Dill  
Cilantro  
Snap Peas  
Winter Savory  
Mint  
Lavender  
Lovage  
Cosmos  
Zinnias  
Nasturtiums  
Wildflowers

## ***Spotlight: Pac Choi and Tatsoi***

We always get lots of questions about two of our (favorite) fall greens, Pac Choi and Tatsoi. While they are very similar, there are some differences in their appearance, taste, and use. Pac Choi has thick white stems and pale green leaves. Because of its mild and delicate flavor (similar to cabbage), Pac Choi is good for stir-frying with other vegetables, braising, or simmering in soups. Tatsoi has thinner, darker stems and dark green leaves, which grow in tight, concentric circles like rose petals. It has a bit of a stronger and bitterer taste, so is good when added raw to salads, or tossed into soups at the last minute. For both types of greens, both the stems and the leaves can be eaten. For more adventurous chefs, both Pac Choi and Tatsoi make good additions to kimchi, a tasty Korean fermented cabbage dish.

## ***Notes from the Fields***

We got more than six inches of rain last week! Our fall greens enjoyed the rain and as a result are growing fast. We are also harvesting turnips, radishes, and kohlrabi, so keep an eye out for these interesting root vegetables in your shares over the next few weeks.

## **Roasted Beet and Potato Soup**

Adapted from AllRecipes.com

4-5 potatoes, diced  
4-5 beets, diced, and peeled  
3 tbsp olive oil  
Salt and pepper to taste  
1 onion, diced  
2 cloves garlic, diced  
½ bunch tatsoi, chopped (optional)  
4 cups chicken or vegetable broth (or water)

1. Preheat oven to 375 degrees F. Place the potatoes and beets in a baking dish, and drizzle with 1 tablespoon olive oil; season with salt and black pepper.
2. Roast in the preheated oven until tender, about 1 hour; allow to cool.
3. Heat 2 tablespoons of olive oil in a large soup pot over medium heat, and stir in the onion, garlic, and tatsoi. Cook, stirring often, until the onion is translucent, about 5 minutes. Mix in the cooked vegetables, broth, and any desired spices (rosemary, thyme, bay leaf). Bring to a boil, and reduce heat. Simmer for about 45 minutes.
4. Remove from heat, and discard the bay leaf if it has been added. Puree the mixture in the pot with an immersion blender until well blended; add salt and pepper if desired.

## **Kale Salad**

Adapted from Whole Foods' website

2 tbsp olive oil  
2 tbsp lemon juice  
1 tsp chili powder  
1 tsp salt  
1 bunch kale, stems and tough ribs removed, leaves very finely chopped

In a large bowl, whisk together olive oil, lemon juice, chili powder, and salt. Add kale, toss to combine, and serve.