Fall 7 November 20 & 23, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Potatoes / Onions

Garlic

Turnips

Daikon Radishes

Kohlrabi

Carrots

Collards / Chard / Kale

Tat Soi / Pac Choi

In the PYO:

Winter Savory Sage Thyme

News from the Farm

It is the last week of the Fall CSA! Thank you for participating, and please keep an eye out for an end-of-year survey where you can share your thoughts and comments—we value your feedback!

We will be holding CSA pickup in the program building again this week. Since it is the last week, we'll be giving out lots of storage vegetables, like turnips, garlic, potatoes, and carrots. Turnips, radishes, and carrots should be stored loosely in a plastic bag in the fridge, and will last for a few weeks. Garlic and potatoes should last for several weeks in a dark cupboard.

Finally, there will unfortunately there will be no Thanksgiving Market this year. The freezing cold came early this year (it has been a record-breaking cold Fall), so we don't have the greens and storage crops for the market as we had hoped.

Veggie spotlight: Daikon Radishes

The large, white, carrot-like root you'll get in your share this week is a Daikon Radish. Daikons are popular in Asian cooking, particularly in pickled or fermented form—adventurous cooks should try making kimchi! They are a bit spicy; they can be grated raw into salads, chopped and added to stir-fries or soups, or even made into an Asian-style coleslaw. Daikons are also a great source of vitamin C!

Baked Radish Chips

From About.com

5-10 radishes

1 tsp chili powder

1 tsp salt

½ tsp paprika

- 1. Thinly slice radishes into rounds.
- 2. Steam on the stovetop for 7 minutes.
- 3. Put in bowl with spices; stir until all slices are coated.
- 4. Bake at 350 degrees for 10 minutes. Flip the chips, and bake for another 10 minutes. Serve hot!

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Simple Daikon Sesame Soup

1 onion, finely chopped

2 cloves garlic, finely chopped

1 Daikon radish, diced

2-3 potatoes, diced

1 carrot, chopped

1-2 tbsp soy sauce, depending on your taste

1 tbsp sesame oil

2 tbsp miso

4 cups water or stock

- 1. In a large soup pot, sauté onion and garlic in sesame oil and soy sauce for three minutes, or until onion is translucent.
- 2. Add all vegetables and sauté for five more minutes, stirring.
- 3. Add boiling water or stock, and cook for about 10 minutes, or until vegetables start to soften.
- 4. Add miso and let dissolve into soup. Cook for 15-20 more minutes, until vegetables are at your desired softness.

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