

The Worm's Voice

In your share:

Lettuce/Arugula
Pac Choi
Kale
Collards
Hakurei Turnips
Sweet Peppers/
Eggplant
Sweet Potatoes/
Butternut Squash

In the PYO:

Nasturtiums (L)
Cosmos (U)
Mint (L)
Lovage (L)
Statice (L)
Long Red Beans (A,C
on trellises)
Sage (C)
Salvia (C)
Winter Savory (C)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Basil (U)
Parsley (U)
Sorrel (U)
Snapdragons (L,U)
Cilantro (T)
Dill (T)

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A
B – Wedge B
C – Wedge C
T- Triangle outside
fence

Red Wiggler's CSA Newsletter

Welcome to the Fall CSA season!

We are delighted to have you with us for our fall season CSA! A few reminders for those of you joining us for the first time this year:

- Wash your veggies! Store it as you get it, but please make sure to wash veggies thoroughly in cool water before enjoying them.
- Check out the CSA Member Handbook for answers to your logistical questions (find it on the website CSA newsletter page).
- We are here to answer your questions and help in any way that we can. Please use us!

Pick Your Own

All of the PYO areas have fragrant herbs ready for you to harvest and enjoy. Check in with the volunteers and staff around the PYO for advice on how to select, cut, and use the plantings marked with a blue flag- these are ready to harvest. Also, you are welcome to cut any flowers you see blooming on the farm- just ask if you are unsure!

Notes from the field

One of our summer interns came back last week and remarked that everything had changed. Autumn is definitely here – the cool mornings are one sign of it. Fewer bees buzzing and more geese honking. The summer days meant many hands filling green quart containers with colorful cherry tomatoes and yellow crates with big red tomatoes. Now we arm ourselves with harvest knives and rubber bands and fill orange harvest baskets with the many greens that have been growing since August. Their beauty and vitality are only seen when the protective row covers are pulled back and purple-stemmed Kale, sturdy collards, bright green and white Pak Choi and Tatsoi, and perky Arugula burst into view. But transitions don't always happen seamlessly. The tomatoes hung on until just this week, and a final picking will be done this week by a gleaning crew from the DC Central Kitchen. Baseball-bat sized zucchinis keep appearing from under the huge squash leaves where we were sure we had done a careful inspection. The groundhogs that we've been battling all summer seem not to be willing to surrender and continue to dig new tunnels, even though 20 of them have been caught and relocated. "To everything there is a season"....we look forward to sharing this lovely season with you!

Need Any Extra Veggies? CSA members are welcome to buy additional vegetables over and above what comes in your share.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.

Butternut Squash Risotto

6-8 cups chicken or vegetable broth
5 Tbsp unsalted butter, divided into 4 Tbsp and 1 Tbsp
1 small onion, finely chopped
2 cups butternut (or acorn) squash, peeled, and finely diced
2 cups [arborio rice](#) (can substitute medium grained white rice, but arborio is preferred)
1 cup dry white wine (such as Sauvignon Blanc)
1 cup freshly grated Parmesan cheese
2 Tbsp chopped chives or garlic chives
Salt

1 Heat broth in medium sized saucepan and keep warm over low heat. Melt 4 Tbsp of butter in a large saucepan; add onion and butternut squash. Cook over medium heat until onion is translucent, about 5 minutes.

2 Add rice to onion and squash. Cook 1 to 2 minutes. Add wine. Cook, stirring constantly until wine has been absorbed by the rice or evaporated. Add a few ladles of broth, just enough to barely cover rice. Cook over medium heat until broth has been absorbed. Continue cooking and stirring rice, adding a little bit of broth at a time, cooking and stirring until it is absorbed, until the rice is tender, but still firm to the bite, about 15 to 20 minutes.

3 During the last minutes of cooking, add remaining tablespoon of butter, 1/3 cup Parmesan, and chives. At this point the rice should have a creamy consistency. Add salt to taste. Serve with remaining grated Parmesan.

Roasted Hakurei Turnips with Israeli Couscous Salad

(makes 3-4 servings)

1 bunch hakurei turnips with fresh-looking greens
1 cup Israeli couscous
1 garlic clove, minced
pinch of optional red chili flakes
1/4 cup chopped red onion
juice from half a lemon
4-5 tablespoons extra-virgin olive oil
salt and pepper to taste

Preheat oven to 425 degrees. Trim roots from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens.

Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool.

Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain.

Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Sauté until just wilted, 1-2 minutes. Transfer to a bowl and let cool.

Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted turnips on top.