

Red Wiggler's CSA Newsletter

In your share:

Arugula
Kale
Mustard Greens
Tatsoi
Hakurei Turnips
Kohlrabi
Sweet Peppers/
Eggplant
Hot Peppers
Spaghetti Squash/
Pie Pumpkin

In the PYO:

Nasturtiums (L)
Cosmos (U)
Mint (L)
Lovage (L)
Statice (L)
Sage (C)
Salvia (C)
Winter Savory (C)
Anise Hyssop (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

In Your Share

Kohlrabi (kol-ROB-ee) is a member of the turnip family, whose name (roughly translated from German) means cabbage turnip, and it is making its fall debut this week. Its purple or green bulb grows just above the surface of the soil, and the leaves grow out of the bulb. It is harvested once it reaches the size of a tennis ball. Before preparing, be sure to remove the tough outer skin. When eaten raw, it is crisp with a bright radish-y flavor. It is also delicious roasted with olive oil, salt and pepper, and minced garlic, and sprinkled with freshly grated Parmesan. The leaves are good, too, chopped and stir-fried or sautéed with onion.

Tatsoi is a crisp, sweet and mild flavored Asian green. All of Tatsoi is edible - leaves and stems! The young leaves can be eaten raw in salad or are quick to wilt by steaming, sautéing or stir frying. Serve with soy sauce and ginger.

Hakurei turnips are back with their sweet, fruity flavor and crisp, tender texture when eaten raw. Their greens are healthy additions to soups and stews.

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. Make a point to check out the **sage** in Wedge C and in the Upper PYO. Also, you are welcome to cut any flowers you see blooming on the farm- just ask if you are unsure!

Notes from the field

We had our first light frost last weekend (Check out Woody's picture on Facebook for proof!) With regard to greens, that means two things: the greens will taste sweeter but you also might see a little frost damage on some of them where they were touching the row covers. Just cut it off and discard the damaged section. The frost also brought the desire for hearty soups and stews made with root vegetables and winter squash, eaten with good bread. The growers are wearing baggy sweaters and brewing up tea and hot chocolate at lunch time, and lingering a little longer over the break. The blue autumn sky oversees a more relaxed harvest pace. As one of the growers said, "we can take time to smell the roses". We hope you can feel some of that while you enjoy your share this week.

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.

Recipes

Curried Pumpkin* and Pear Soup

2-lb pie pumpkin or *butternut squash	1 Tbsp curry powder
3 Tbsp butter	1 tsp salt
1 onion, diced	4 cups chicken broth
2 garlic cloves, minced	2 winter pears, peeled, cored and diced
2 tsp ginger root, minced	½ cup half and half (optional)

Preheat oven to 375 degrees. Grease baking sheet or line with parchment paper. Cut pumpkin or squash in half, discarding seeds and membrane. Place halves, cut sides down, on the baking sheet. Roast until very soft, about 45 minutes. Scoop pulp from the peel.

Melt butter in a large soup pot over medium heat. Stir in onion, garlic, ginger, curry powder and salt. Cook and stir until onion is soft. Pour in chicken broth and bring to a boil. Stir in pears and squash and simmer until pears are very soft, about 30 minutes.

Pour soup into a blender (or use an immersion blender), and puree in batches until smooth. Return soup to pot and stir in half and half, if desired. Reheat and serve.

Pumpkin, Kale and Black Bean Stew

2 Tbsp olive oil	1 bunch kale, stems removed, chopped
2 onions, diced	1 lb ham, cooked and cubed
5 garlic cloves, minced	1 15-oz can black beans, rinsed and drained
1 pie pumpkin, peeled, seeded and diced	2 Tbsp balsamic or red wine vinegar
4 cups broth	1 Tbsp thinly sliced sorrel leaves
2 cups diced tomatoes (fresh or canned)	Salt and pepper, to taste

Heat olive oil in a soup pot over medium heat. Cook onion until it begins to soften. Add garlic and pumpkin and cook for 5 minutes. Stir in broth, tomatoes, salt and pepper. Bring to a boil, then turn heat to low and simmer until veggies are tender, about 15 minutes. Add kale, ham and beans. Simmer 5 more minutes, until kale is reduced and soup is hot. Stir in vinegar and sorrel. Serve.

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