

Red Wiggler's CSA Newsletter

In your share:

Beets
Carrots
Arugula
Collards
Kale
Pac Choi
Sweet Peppers
Garlic/Onions
Potatoes/
Sweet Potatoes

In the PYO:

Nasturtiums (L)
Cosmos (U)
Mint (L)
Lavender (U)
Sage (C, U)
Salvia (A)
Winter Savory (C)
Anise Hyssop(A,L,C)
Thai Basil (U)
Parsley (U)
Sorrel (U)
Snapdragons (L,U)
Cilantro (T)
Strawflower (L,U)
Zinnia (U)
Long Red Beans(C,A)

PYO Key:

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

In Your Share

Deep red **beets** and bright orange **carrots** are taking the star roles in your share this week. Andrea says these are the most beautiful beets Red Wiggler has ever grown! The most common way to prepare beets is to remove the leaves and stems (serve beet leaves as you would any edible greens), clean and dry the beets, then roast in a hot oven (375-425 degrees) in a covered baking dish for 45 – 60 minutes, or until tender. Use a paring knife to rub off the skins after they have cooled. This can be done ahead, and the beets refrigerated until you are ready to serve the beets in a salad or in another recipe (see **Recipe** section). The carrots are crisp and sweet, delicious raw or roasted.

The root vegetables are great paired with the beautiful fresh greens in your share. A rainbow of good eating!

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

Matt seeded the last of the cover crop just before the rain last Friday, so that all the fields that are not in current production are now growing things like barley, oats, vetch and daikon radishes. These “crops” will spend the fall and winter keeping soil secure, reducing moisture loss, and building up the soil. The field that was the site of an experimental cover crop/mulching method and yielded a bumper crop of tomatoes this year, is now empty of tomato plants, stakes and string. Most of the sweet potatoes have finished the first hot stage of curing, and are finishing developing their sugars in the cooler root cellar. The garlic bunches have been taken down from their hangers, and the onions from their drying beds. Weeds that are making a last ditch effort to make and spread their seeds are being yanked out by eagle-eyed growers and staff. When we are not harvesting for the CSA and the group home shares, we are taking time to do the tasks which will make next year successful. So don't let the “empty” fields fool you, there is a lot happening here!

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

Know any Leek Recipes? We are going to have leeks for the first time in the share in a few weeks. If anyone has any good leek recipes, please send them to Katie at volunteer@redwiggler.org so we can share them in the newsletter.

Roasted Beets, Pear and Goat Cheese with Greens

2 large or 3 medium beets, washed, leaves and stems removed

1-2 ripe pears, peeled, cored, and sliced

1/2 cup walnuts, toasted

2 T balsamic or red wine vinegar

2 T olive oil

Salt and pepper, to taste

2-3 cups arugula leaves

4 oz goat cheese or feta cheese, crumbled

1/4 - 1/2 cup cooked quinoa, farro, or wheatberries (optional)

Roast beets in 375 degree oven in a covered baking dish for 45 – 60 minutes, or until tender. Cool beets until still a little warm, and rub off skins, using a paring knife, if needed. Slice thinly.

Whisk oil and vinegar, salt and pepper together. Toss arugula with 2 Tbsp of the dressing, then put on chilled platter. Place sliced beets on top of greens. Top with pear slices and toasted walnuts.

Sprinkle with goat or feta cheese. Drizzle with more dressing. Serve.

If you want to make this salad a little heartier, toast the cooked grains in a small hot skillet for a few minutes. Cool, drizzle with a little dressing, then add to salad.