

Fall 4
October 22 and 25, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Beets/Kohlrabi
Carrots
Arugula
Kale/Mustards
PacChoi/Tatsoi
Head Lettuce
Sweet Peppers
Hot Peppers
Winter Squash/
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 (I)
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

Red Wiggler is Hiring!:

Red Wiggler is in the process of hiring for two positions on the farm: **Education and Outreach Coordinator**, and **Field and Facilities Manager**. Please spread the word to anyone who might be interested: <https://redwiggler.org/blog/2014/10/red-wiggler-hiring/>

In Your Share

Root vegetables, greens, winter squash and sweet potatoes make up most of your share this week, with sweet and hot peppers to top it off. A nice way to enjoy these last few weeks of fresh sweet peppers is to serve them stuffed with Spanish Rice or your favorite stir fry recipe.

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

The skills that our growers need to accomplish all their farm tasks take **time** – sometimes years - to be taught and become learned skills. The beets and carrots that we began harvesting last week were planted back in May and June. They've been weeded and thinned, but mostly just needed **time** to grow and develop. When the veggies are sitting on the kitchen counter, they need **time** to be washed, peeled or chopped, and then cooked. It takes **time** to gather with family or friends to savor the meal that is prepared. The soil of the resting fields needs **time** to regain fertility and be ready for another growing season. Everything good takes **time!** But **time** seems to be the hardest thing to come by. When you come to pick up your CSA share this week, take a little bit of your precious **time** to breathe in the fall air, walk around the PYO areas, and relax in a little bit of Red Wiggler **time**.

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.

Creamy Winter Squash Linguine with Fried Sage (cookieandkate.com)

2 tablespoons olive oil
1 tablespoon finely chopped fresh sage
2 pound winter squash, peeled, seeded, cut into small 1/2-inch pieces (about 3 cups)
1 medium yellow onion, chopped
2 garlic cloves, pressed or chopped
1/8 teaspoon red pepper flakes (up to 1/4 teaspoon for spicier pasta sauce)
Sea salt and/or kosher salt
Freshly ground black pepper
2 cups vegetable broth
12 ounces whole grain linguine or fettucine
Optional additional garnishes: shaved Parmesan or Pecorino and/or smoked salt

Heat oil in a 12-inch skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with sea salt and set the bowl aside.

Add squash, onion, garlic and red pepper flakes to skillet. Season with salt and pepper. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft and liquid is reduced by half, about 15 to 20 minutes. Remove from heat and let cool slightly.

In the meantime, bring a large pot of salted water to a boil and cook the pasta according to package directions. Drain, reserving 1 cup cooking liquid.

Transfer the squash mixture to a blender. Reserve the skillet. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper to taste.

Combine pasta, squash purée and 1/4 cup cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Season with salt and pepper if necessary.

Serve pasta topped with fried sage, more black pepper and shaved Parmesan/Pecorino, if desired.

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