

Fall 5  
October 29 and  
November 1, 2014

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

## **In your share:**

Leeks  
Cabbage  
Turnips/Kohlrabi/  
Carrots  
Kale/Collards  
Pac Choi/Tatsoi  
Sweet Peppers  
Winter Squash/  
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**

We are so excited to have two first time vegetables in the CSA share this week: **Napa cabbage** and **leeks!** To prepare the cabbage, wash the loose outer leaves of the cabbage carefully. The tight inner leaves don't need to be washed. When the inner section is sliced, the pieces are light green and beautifully frizzy. To prepare the leeks, slice off the leek's dark green end, trimming to the part where the color is a pale green. You can save these ends to make stock, but they're too tough to eat on their own. Take the remaining white stalk, cut off the root end, and slice the leek in half lengthwise. Depending on the amount of dirt you see, either put the leeks into a bowl of cold water and swish around to remove the dirt, or just run the leeks under running water for a few seconds. Then slice according to recipe directions.

## **In the PYO**

Make sure to check out the **parsley** and **sage** in the Upper PYO, they are great additions to fall soups and stews.

## **Have Extra Leaves?**

We will be collecting leaves for mulching and adding to our compost this fall. If you have leaves from your yard, please drop them off in yard bags where we collect the compost bins.

## **Recipes**

### **Cabbage Salad**

*This is basically a cole slaw recipe, but without the mayonnaise. It lets the fresh flavor of fresh cabbage and other ingredients shine through.*

8 – 10 cups thinly sliced cabbage (or grated, if preferred)\*

2 cups grated carrots

1/2 - 1 cup minced red onion

1/4 - 1/2 cup chopped fresh parsley  
cranberries

1/2 - 1 cup chopped raisins or dried

1/2 cup vinegar (any combo of apple cider and red wine vinegars)

1/4 cup vegetable oil

1 clove garlic, minced

1 tsp salt, or to taste

1/4 tsp pepper, or to taste

In a large mixing bowl, combine cabbage, carrots, onion, parsley and raisins. In a small bowl, whisk vinegars, oil, salt and pepper. Pour dressing over vegetables and toss until well mixed. Cover and refrigerate for a few hours or overnight.

\*Note: This recipe can also work with a mixture of thinly sliced greens, including kale and Pac Choi.

## **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***

### **Creamy Cabbage, Leek and Potato Soup**

1 medium head green cabbage (about 1-3/4 lbs), cored and chopped  
3 tablespoons butter, divided  
4 cloves garlic, finely chopped  
2 medium potatoes (about 1/2 lb), peeled and diced  
5 cups low-sodium chicken broth  
1 bay leaf  
2 teaspoons apple cider vinegar  
1/4 cup cream  
1/4 cup milk  
2 medium leeks, sliced  
4 to 6 strips cooked bacon, crumbled  
Salt and freshly ground black pepper

#### **Preparation:**

Melt 1 tablespoon of the butter in a stockpot over medium heat. Add the garlic and sauté until fragrant, 2 minutes. Add the cabbage and continue cooking until slightly softened, then season with salt and pepper.

Add the potatoes, chicken broth, bay leaf and vinegar. Cover the pot and bring the soup to a rapid simmer. Continue cooking, stirring occasionally, until the cabbage is very soft, 25 to 30 minutes.

While the cabbage is cooking, heat the remaining 2 tablespoons of butter in a separate pan over medium heat. Add the leeks and cook, stirring often, until tender and sweet, 5 to 6 minutes. Season to taste with salt and pepper and set aside.

Once the cabbage is done cooking, remove the bay leaf and add the milk and cream. Purée the mixture using a hand-held or conventional blender. Note: If using a conventional blender, you should allow the soup to cool a bit first, then purée it in small batches.

Stir the leeks and crumbled bacon into the puréed soup, taste and adjust the seasoning as needed. Serve immediately.

Makes 4 to 8 servings

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