

Red Wiggler's CSA Newsletter

In your share:

Arugula
Kale/Collards
Pac Choi/Tatsoi
Garlic
Beets/Carrots
Radishes/Turnips
Winter Squash/
Potatoes
Sunchokes

In the PYO:

Nasturtiums (L)
Cosmos (U)
Mint (L)
Lavender (U)
Sage (C, U)
Salvia (A)
Winter Savory (C)
Anise Hyssop(A,L,C)
Parsley (U)
Sorrel (U)
Snapdragons (L,U)
Strawflower (L,U)

PYO Key:

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

In Your Share

New to your share this week are two beautiful radish varieties: a **Watermelon radish** and a **Black Spanish radish**. When cut in a cross section, the Watermelon radish's dark pink flesh makes a striking addition to a salad. It has a bright delicious flavor. The black-skinned Black Spanish radish has a crisp, hot, white flesh, and is delicious roasted, either alone or with other root vegetables including potatoes, turnips and beets.

The little knobby nuggets called **Sunchokes** are a versatile new vegetable for you to enjoy. Formerly known as "Jerusalem artichokes", they are the tuberous roots of a native North American plant in the sunflower family – neither from Jerusalem nor related to artichokes – originally cultivated by Native Americans. Sunchokes are a great source of iron, potassium, and thiamin. They are also low in calories and high in fiber. Inulin, the primary carbohydrate in sunchokes, minimally affects blood sugar and is touted as a diabetic-friendly carb. A sunchoke, related to the sunflower, makes a delicious addition to salad, salsa, marinade, and soup. They can be served with or without the skin – scrub clean and leave it on for maximum nutritional benefit. Eat raw or cook as you would potatoes – roast, saute, stir fry, bake, boil or steam. If peeling or cutting, drop pieces into water with a squeeze of lemon juice to prevent discoloration. See <http://www.gracelinks.org/1488/real-food-right-now-and-how-to-cook-it-sunchokes> for more information.

In the PYO

Despite the browning foliage of many of the plants in the PYO, there are still **parsley, sage, mint, and lavender** plants in the PYO areas waiting to be used in fall soups and stews and teas. Please ask the staff and growers to point out these plants for you. The late blooming **snapdragons** can a lovely bouquet for your fall table.

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.

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

Roasted Radishes

1 large bunch radishes, trimmed

2 Tbsp olive oil

1 tsp thyme, rosemary, or crushed garlic

Salt, to taste

Juice of ½ lemon

Preheat oven to 450 degrees. Lightly oil a baking sheet.

Cut radishes into halves or quarters. Whisk olive oil and thyme together in a bowl. Toss radishes in oil mixture, to coat. Spread radishes onto prepared baking sheet; sprinkle with salt.

Roast until tender but firm in the center, turning every 5 minutes, a total of 15 to 20 minutes. Drizzle with lemon juice. Serve.

Slow Cooker Root Vegetable Stew

1 lg onion or 2 leeks, chopped

5 lbs of any mix of winter squash like acorn or butternut squashes, root vegetables including carrots, parsnips, turnips, white or sweet potatoes, chopped.

2 celery ribs, chopped

6 cloves garlic, peeled and thinly sliced

3 cups chicken or vegetable broth

1 bay leaf

1 T fresh sage leaves, finely chopped

1 tsp black pepper

½ tsp salt

2 cups kale or other greens, chopped

Fried sage leaves for garnish (optional)*

Add all ingredients except kale and garnish to a slow-cooker, and stir to combine. Cook on low heat for 6-8 hours until the vegetables are tender. Remove bay leaf, and stir in the kale. Let the stew continue cooking for 10 minutes or so until the kale is wilted. Season with additional salt and pepper if need be. Turn off slow cooker.

Serve immediately, with the option to garnish with fried sage leaves or Parmesan cheese.

*To make the fried sage leaves, heat ¼ cup of vegetable or canola oil in a small skillet over medium-high heat until a drop of water sizzles on the surface. Add your sage leaves and let them cook for about 10 seconds, then remove with a slotted spoon and place on paper towels to drain. Sprinkle with a pinch of salt if desired.