

Red Wiggler's CSA Newsletter

In your share:

Arugula/Mustards
Kale
Pac Choi/Tatsoi
Garlic
Carrots
Radishes
Beets/Turnips
Winter Squash/
Potatoes
Horseradish

In the PYO:

Nasturtiums (L)
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

We've come to **the last week of the season**, and we'd like to say thanks for joining us this year! We hope you had a wonderful experience and enjoyed your fall share. Looking forward to next year, your feedback will help us to continue to improve our CSA and keep you coming back. Keep an eye on your inbox for your season survey, and details about registration for 2015. See you in the Spring!

The Thanksgiving Market will be held **Wednesday, November 19**, from **2-5 pm** in the program building. Purchase the veggies you need to round out your holiday feast, and invite your friends! We will have potatoes, sweet potatoes, butternut squash, garlic, pac choi, tat soi, carrots, turnips, beets, radishes, kohlrabi, and possibly kale, collards and chard if the temperatures don't get too low. This is a great time for people to try our veggies before committing to the CSA – please invite your friends and neighbors!

If you can't make it to the market next week, please feel free to buy additional produce this week.

In Your Share

Horseradish – a root with a kick! Horseradish is a member of the mustard family, along with kale and turnips, so expect the same spicy bite intensified in the root. Its powerful flavor stands up in soups and stews, and pairs well with roasted root vegetables. Horseradish roots will keep nicely in the fridge for a few weeks. Store loosely wrapped in a plastic bag in your produce drawer. Trim the previously cut end of the root before using. Cut off the outer peel and shred or grate the flesh of the root to season whatever you like! To lengthen the storage time, trim and peel the root, then seal chunks tightly in plastic bags and freeze. Another option is to place the peeled, cut chunks in a jar and cover with vinegar. Store in the fridge and use both the root and the now-flavored vinegar.

The feathery foliage of the last beds of carrots has been teasing us for weeks as we've harvested all the other vegetables in the beds around them. Planted at the beginning of August, it was finally time this week! The two beds yielded 500 pounds! of gorgeous sweet carrots.

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.

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

Horseradish Smashed Potatoes (Vegetarian Times) Serves 8

2 lb. small potatoes, sliced into 1/2-inch rounds
1/3 cup crème fraîche, warmed (whole milk or sour cream)
1/4 cup finely chopped chives
3 Tbs. peeled and grated fresh horseradish root, firmly packed
(or 2 tablespoons of prepared horseradish if you run out of the good stuff...)

Bring potatoes and enough salted water to cover to a boil in pot over medium heat. Cook 15 minutes, or until tender. Drain, then return to pot. Combine crème fraîche, chives, and horseradish in bowl. Mash potatoes with wooden spoon, leaving large chunks. Fold in crème fraîche mixture.

Smoky Collards/Kale and Squash Stew (Vegetarian Times) Serves 6

3 Tbs. olive oil, divided
1 winter squash (2 1/2 lb), peeled, seeded, and cut into 6 wedges
1/2 to 1 large chipotle chile in adobo sauce, finely chopped (any fresh hot pepper will do)
2 cloves garlic, minced (2 tsp.)
2 lb. greens, stems removed, finely chopped

salt and pepper, to taste
3 cups low-sodium vegetable broth

Preheat oven to 425°F. Toss squash wedges with 1 Tbsp oil, and season with salt and pepper. Place wedges flesh side up on parchment-lined baking sheet, and roast 30 to 40 minutes, or until fork-tender and starting to crisp on edges. Scoop squash from skin, set flesh aside, and discard skin. Meanwhile, heat remaining 2 Tbsp oil in large saucepan over medium heat. Add chipotle chile and garlic, and sauté 2 minutes, or until garlic is fragrant. Add collard greens a few handfuls at a time, and cook until all leaves are wilted. Add broth and 3 cups water, and bring to a boil. Remove from heat. Add squash flesh to greens, and return to a boil over medium heat. Simmer 45 minutes, whisking every 15 minutes to mash squash. Season with salt and pepper, if desired.

French Carrot Salad (makes 4-6 servings)

1 Tbsp lemon juice
3 Tbsp olive oil
1/4 tsp salt
1 Tbsp fresh parsley, chopped

1/2 tsp Dijon mustard
1/2 lb carrots, shredded
1/8 tsp pepper

In a small bowl, whisk the lemon juice, mustard, and olive oil together until the dressing is completely blended. Stir the dressing into the shredded carrots. Sprinkle the carrot salad with the salt, pepper, and parsley, if using. Toss the salad again to blend the seasonings and chill it for 30 minutes before serving.