

Fall Week 1
Sept. 30 & Oct. 3, 2015

The Worm's Voice

In your share:

Sweet Potatoes/
Winter Squash/
Potatoes
Garlic
Sweet Peppers/
Eggplant
Tomatoes (!!)
Kale/Collards/
Arugula

In the PYO:

Nasturtiums
Bachelor Buttons
Mint, Sage,
Winter Savory,
Basil, Parsley,
Snapdragons,
Zinnias,
Cilantro, Celosia,
Strawflower,
Cleome, Cosmos
Scabiosa
Mexican Mint
Marigold
Sedum, Sorrel

Red Wiggler's CSA Newsletter

Welcome to fall!

Thank you for joining us for the final session of the 2015 CSA season. We're looking forward to seeing you on the farm each week.

A few reminders:

- Please remember your bags each week, we'll have a couple if you forget.
- If at any point you cannot pick-up your share, you can send a friend or family member instead. Unfortunately, we cannot accommodate switching pick-up days.
- We clean all our veggies before they get to the barn, but it is still important that you wash your veggies before consuming them.
- Please drive slowly and carefully when coming for your pick-up each week.

Farm Notes:

We are just so happy to have had rain! 2 inches Tuesday night! Everything in the fields is happier with rain and a little break from the sun.

Miraculously, we still have some beautiful tomatoes for your share this week. Enjoy them!

Sage in the PYO:

Fall cooking means it's time for those hearty herbs and the sage is looking so beautiful! This is a great time to not just harvest it and use it for your cooking this week but also to harvest a bunch and dry it to use later (stuffing!).

Events this fall:

THIS SATURDAY: Family Cooking Workshop! Oct. 3 1-3pm



Come with your kids (or whatever kids are in your life) and learn a few fun things to do with your CSA share that they will not only be willing to eat but enjoy making! Kids 5 years and up welcome, must be accompanied by an adult. Advance registration is required. Sign up on the CSA page. Open to all, CSA and non-CSA.

Thanksgiving Market, Wednesday, November 18 2-5pm

Shop local for your Thanksgiving feast this year! We'll have lots of great fall veggies for you to share with your family and friends.

Recipes

Sweet Potato, Corn & Black Bean Hash

Really tasty way to use your sweet potatoes and add a little zing to your fall cooking.



- 2 teaspoons canola oil
- 2 medium onions, chopped
- 1 medium sweet potato, peeled and cut into ½ inch dice
- 2 large garlic cloves, minced
- 1 jalapeno pepper, seeded & minced
- ½ cup sweet peppers
- 4 teaspoons ground cumin
- ½ teaspoon salt
- ½-¾ cup water
- ¾ cup fresh or frozen corn kernels
- 1 can black beans
- 2 tbsp. fresh cilantro, chopped
- 1 lime

Heat oil in a large cast-iron skillet over medium-high heat. Add onions and sauté until browned in spots, 3 to 5 minutes. Add sweet potato and cook, stirring, until it starts to brown, 5 to 7 minutes, adding the sweet peppers half way through. Stir in the garlic, jalapeño, cumin and salt; sauté until fragrant, about 30 seconds. Add water and cook, scraping up any browned bits, until liquid is absorbed, 3 to 5 minutes. Stir in corn and black beans and cook until heated through. Stir in cilantro and season with salt and pepper. Serve with lime wedges.

Dried Red Pepper Flakes

Want to love all those hot peppers but just don't know what to do with them? Try this recipe for your own Red Pepper Flakes. Use it on pizza, mac and cheese, eggs, over a salad or anything you want to add a little heat to.

The simplest recipe. All you need is fresh hot peppers. Mix it up- they don't actually need to be red. The Joe's Long Cayenne pepper is great, a couple Thai chilies and for a little more flavor without all that the heat, add a few Hungarian hot wax.

Cut off the tops, give them a good wash and either pop them in a dehydrator or in a 170 degree oven ("Keep Warm" setting on some ovens). After 6 hrs, shut off the oven and let them sit in the oven overnight. By morning they will be crispy and crumbly. Pop them into a zip lock bag and smash it around or throw them into a food processor. Transfer to a shaker and enjoy!



Want a little more flavor? Make a taco or Cajun inspired seasoning by adding cumin, old bay, celery salt or even homemade garlic powder!