

Fall Week 2
Oct 7 & Oct. 10, 2015

The Worm's Voice

In your share:

Sweet Potatoes/
Potatoes/Winter
Squash
Kohlrabi/Turnips
Sweet Peppers/Red
Tomatoes/ Green
Tomatoes/ 1 Garlic
Kale/ Mustards/
Pac Choi/
Hot Peppers

In the PYO:

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

Thanksgiving Market, Wed., 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.

Red Wiggler's CSA Newsletter

Notes from the field:

Hakurai turnips and Kohlrabi are back! Both of these fall veggies are great for harvesting with the Growers. Hakurai Turnips grow like radishes- with their little bulbs sticking out of the ground just slightly. When they are pulled up, out pops this beautiful, perfect little white orb- Growers and staff are always delighted but the sight of this little marvel that has been growing underground.

The kohlrabies are HUGE right now! Sometimes people say they look like spaceships- which is particularly true right now. Kohlrabi is one of those veggies we grow especially because their size and hearty nature make them great for Growers of different skill levels to harvest. Both Hakurai turnips and kohlrabies are perfect to cut up and eat raw!

What to do with greens besides sauté...

If you are part of the Fall CSA, you must love greens. Which is great, because they are so incredibly healthy for you and delicious. Steamed greens are known to lower cholesterol, fight off cancer and have significant amounts of calcium, Vitamin D & C. But, as tasty and healthy as they are, we know that picking-up 3 bunches of greens each week can get a little overwhelming. So here are a few ideas of how we recommend preparing them:

- **Kale & Collards:** Use in soups, in casseroles, add to mac and cheese. Braise with bacon, onions & vinegar. Try cooking kale by laying out roughly cut pieces on a baking pan, drizzling with olive oil and hot sauce and cooking it at 375 for 7-10 minutes.
- **Tatsoi:** Toss it into a mixed greens salad, great raw or cooked. Add to risotto or steam and toss into a cold noodle salad.
- **Pak Choi:** Similar to cabbage or bok choy but with a lovely buttery taste. Cook briefly, add to soups or into a stir fry.
- **Mustard Greens:** Cook with sweet onions to soften the peppery kick. Add to a curry stir fry, braise with bacon & vinegar. Check out Martha Stewart's recipe for Baked Ricotta and Greens Dip served with crostini.

Recipes

Sweet Potato Pie!

In celebration of fall, a birthday, and the abundance of sweet potatoes, on Tuesday we all enjoyed this sweet potato pie! It's such a delicious seasonal treat. *Bonus: I made it with a*



meringue: 3 egg whites, beat into soft peaks, added ¼ cup sugar, beat into slightly stiff peaks, spooned on top of the cooled, cooked pie, baked for 10 minutes at 375.

2 cups peeled, boiled sweet potatoes

1 cup sugar

½ stick melted butter

2 eggs

1 teaspoon vanilla extract or 1-2 tablespoons
bourbon

¼ teaspoon salt

¼ teaspoon ground cinnamon

¼ teaspoon ground ginger

1 cup milk

9-inch unbaked pie crust (I use Martha Stewart's
recipe)

Preheat the oven to 350 degrees F.

For the filling, using an electric hand mixer, combine the potatoes, 1 cup of the sugar, the butter, eggs, vanilla, salt, and spices. Mix thoroughly. Add the milk and continue to mix. Pour the filling into the pie crust and bake for 35 to 45 minutes, or until a knife inserted in the center comes out clean. Chill before serving. Serve with ice cream, whipped cream or meringue on top.

Quinoa with Butternut Squash & Pumpkin Seeds

A CSA member posted this on the CSA Facebook Group page last week after raving about it at a pick-up. RWCF Farm Manager, Andrea, also made it and loved it. Andrea switched out the pumpkin seeds for pine nuts & the baby spinach for mustard greens.

1 cup quinoa

2 tablespoons olive oil

½ red onion, finely diced

¾ teaspoon chili powder

1 2-pound butternut squash, cut into 3/4-inch
cubes

1 ¾ cups water or vegetable stock

1teaspoon salt

½ cup pumpkin seeds

2 large handfuls baby spinach

½ cup dried cranberries

1. Put the quinoa in a bowl and cover it with cool water. Rub it between your hands and pour off most of the water. Add fresh water and repeat two or three times, until the water runs clear. Drain thoroughly in a fine-meshed strainer. Set the strainer over a bowl until you are ready to cook the quinoa.
2. Heat the olive oil in a large (4 to 5-quart) pot. Add the onion and cook over medium heat for about 3 minutes, until it begins to soften. Stir in the chili powder and the squash and cook, stirring every so often, for 3 more minutes. Add the drained quinoa, water or stock and salt. Bring the liquid to a boil, adjust the heat to a simmer, and cook, covered, for 15 minutes.
3. Meanwhile, set a small plate next to the stove. Pour a few drops (about 1/2 teaspoon) of olive oil into a small skillet. Heat the oil over medium heat and add the pumpkin seeds. Stir and shake the pan until the pumpkin seeds turn from green to olive to slightly golden brown. Sprinkle with a pinch of salt and immediately scrape them onto the awaiting plate.
4. Remove the pot from the heat and add the spinach and cranberries. Cover the pot and let rest in a warm place for 10 minutes. Mix and fluff up the grains with a fork. Serve sprinkled with toasted pumpkin seeds.

