

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
Winter Savory, Anise
Hyssop, Calendula

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:

Not really our field, but A field...
On Monday we took a field trip to Water's Orchard to pick apples! It's a relatively new orchard but the apples are delicious and beautiful. It was a great break from the work day and a nice treat to do a fun outing all together. Here's a photo of the whole crew heading out to the orchard in the wagon.



In honor of Sage...

It's full and ready to be picked in the PYO. Dry it! You'll be glad you did come stuffing time!

- Carefully wash each stem by swishing it in a bowl of cool water. Allow them to air dry on a cooling rack.
- Carefully weave twine through the sturdiest bottom stems and the main stems. Leave a good length of string.
- Hang herbs upside down in an area that is cool and dry but where you won't forget to about them.
- Each day or so inspect the sage for signs of mold or pests- if there is any, remove all leaves in that area. If you are really worried about pests, you can wrap the herbs in cheese cloth.
- When the leaves are completely dry (could take a few days to 2 weeks), carefully remove the dried leaves from the stems and place in an airtight jar or plastic bag. Keep them in a dark, dry place.

CFC and United Way Campaigns

As a small organization, regular contributions have a large impact. Consider donating to Red Wiggler through the Combined Federal Campaign or a workplace United Way campaign. Woody would be happy to share our story with your colleagues. It's a great way to support your local non-profit farm!

CFC number 34399, United Way of the National Capital Area 8340

Recipes

Sautéed Mustard Greens with White Beans and Garlic

- 2 tbsp extra virgin olive oil
- 3 cloves garlic, thinly sliced
- ¼ teaspoon crushed red pepper flakes
- 1 ½ lb mixed greens, trimmed and roughly chopped mustard greens
- 1 cup low-sodium chicken or vegetable broth
- 2 cans no-salt added cannellini or other white beans, rinsed and drained
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens (in batches if needed) and cook, tossing often, until wilted and bright green, 3-4 minutes. Transfer to a colander and drain well. Return skillet to heat.

Add broth to skillet and deglaze scraping up the brown bits. Add beans and simmer until hot throughout, 2-3 minutes. Return greens to skillet, toss gently with salt and pepper and serve.

TRIPLE WHAMMY Fall Pizza

- 1/2 kohlrabi, sliced thinly
- 1-2 heads pak choi, with thickest parts of the stalk removed.
- 3-4 large kale leaves
- 2-3 tbsp olive oil
- 2-3 tbsp goat cheese
- 1/4 cup walnuts
- 1/2 cup mozzarella, cut in thin pieces or shredded
- salt and pepper
- 1 tbsp crushed red pepper (bonus points if you use your dried ground hot peppers!)
- pizza dough (Easier to make than you think! Try Alton Brown's)



Preheat oven to 500. While oven is heating, roast the sliced kohlrabi on a lightly oiled baking sheet. Roast the kohlrabi until it is just beginning to turn golden brown on the edges.

Make the pesto by pureeing the pak choi (accept the prettiest leaves that will go on top of the pizza), kale, oil, goat cheese, walnuts and a teaspoon of salt.

Stretch the pizza dough and spread the pesto over the dough. Top with sliced mozzarella, leaving gaps between the cheese to let the pesto show. Top this with the roasted kohlrabi, the extra pak choi leaves roughly chopped, a bit of salt and pepper, and the crushed red pepper.

Bake on a baking sheet, pizza pan or pizza stone for 6 minutes- or until cheese has melted and crust is golden brown