

In your share:

Sweet Potatoes/
Winter Squash
Kohlrabi/Turnips
Kale/ Collards /
Pac Choi/ Tatsoi /
Arugula
Napa Cabbage

In the PYO:

Bachelor Buttons
Mint, Sage,
Winter Savory,
Parsley, Cilantro,
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

Farm News

The big news this week is that we had our first frost and first freeze of the season. That means the end of tomatoes and many flowers for the season. The greens should actually get a little sweeter as a result of freeze.

With the cold weather, we're working on cleaning up the fields- pulling out plants, spreading compost, raking and removing all of irrigation supplies.

We also have a week filled with groups, including a large garden club here to take a tour with Woody, a group of volunteers from WSSC who will be helping us with fence maintenance and 120 1st graders coming to learn all about healthy eating, organic farming and experience Red Wiggler. Lively week here on the farm!

10 things to do with Napa Cabbage:

This past week we harvested 400 lbs of napa cabbage so you will be receiving it many times over the next few weeks. Napa cabbage is a form of Chinese cabbage (pac choi is another one). It's more delicate than the cabbage we are more familiar with which makes it a great veggie to cook with. The cabbage will keep for a long time in your refrigerator so there is no rush to cook it now! When you are ready, here are just a few ideas:

1. Thai chicken salad
2. Vinegar based slaw
3. Traditional Irish bacon, cabbage and parsley sauce. Actually there are tons of traditional Irish things you can make with Napa cabbage.
4. Roasted with salt & pepper
5. Kimchi (recipe coming in the next few weeks!)
6. Grill it
7. "Lettuce" wraps
8. Stir fry
9. Make soup
10. Make pot stickers

PYO Post Frost and Freeze:

Much of the PYO is over for the winter, but there are still a handful of herbs available to harvest. The sorrel is looking especially great. Add it to a salad or toss it into a smoothie.

Regarding flowers in the PYO- to keep it from getting confusing, we've removed the blue flags from anything that is not ideal to be harvested. That being said, if you see a dried flower that you like or one last colorful bloom- take it! The dried celosia would make an interesting fall centerpiece! Just please stay within the PYO areas.

Also- the cilantro and dill seeds in the Green PYO are perfect for saving to plant next year or for using in your cooking now.

Kohlrabi Home Fries

From NY Times

1 1/2 to 2 pounds *kohlrabi*
1 tablespoon rice flour, chickpea flour or semolina (more as needed)
Salt to taste
2 to 4 tablespoons canola oil or grapeseed oil, as needed
Chili powder, ground cumin, curry powder or paprika to taste



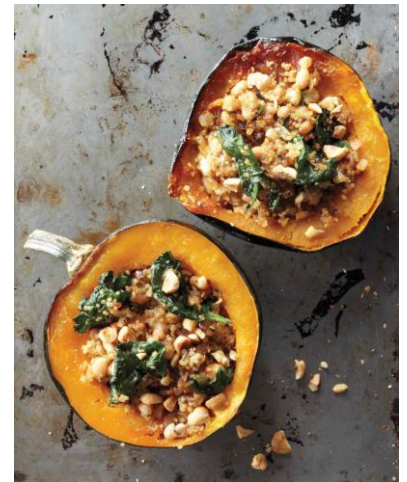
1. Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
2. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.
3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Stuffed Acorn Squash

Serves 2

1 halved and seeded *acorn squash*
3 tbsp plus 1 tsp extra virgin olive oil, divided
Coarse salt & fresh ground black pepper
1 diced large onion
1 tsp chopped *fresh sage*
1 tsp fresh thyme
1/3 cup cooked white beans
1/3 cup cooked quinoa
1 cup chopped *kale (or any green you would like)*
2 tbsp chopped toasted hazelnuts, divided
Lemon

Martha Stewart



1. Heat Oven to 400 degrees. Brush squash with 1 tsp oil and season with salt and pepper. Roast cut side down until tender, about 30 minutes. Flip and set aside.
2. Heat 1 tbsp in a medium skillet over medium heat. Add onion and cook, stirring, until tender, about 6 minutes. Add sage, thyme, beans, quinoa, and kale. Cook, stirring, until greens wilt, about 2 minutes. Season with salt and pepper.
3. Divide stuffing between squash halves and roast until golden, 15-20 minutes.
4. For each serving, sprinkle with 1 tbsp hazelnuts, drizzle with 1 tbsp oil, and squeeze with lemon.