

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

**Remember to wash your veggies! Especially your cabbage!**

***In your share:***

Potatoes/  
Sweet Potatoes/  
Cabbage/  
Spaghetti Squash  
Kohlrabi/Daikon  
radishes/ Carrots/  
Garlic  
Kale/Pac Choi/  
Tatsoi

***In the PYO:***

Bachelor Buttons  
Mint, Sage,  
Winter Savory,  
Parsley,  
Sedum, Sorrel  
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.

**Just in time for Halloween...** *by Katie Junghans*

Red Wiggler's fields could be the set of a horror movie! But really they are the scene of a very successful organic farming effort.

Adjacent to almost every field, we have grown "beneficials", plants which attract insects that will help our vegetables in some way. Some of the beneficials attract pollinators, some attract "bad bugs" away from crop plants, and some attract predators of "bad bugs".

This last category includes a little white flower called Alyssum. The flowers attract parasitic Braconid wasps that deposit their eggs inside young cabbageworms. When they hatch, the wasp larvae eat the caterpillar alive from the inside out (see what I mean about a good horror movie plot?)

Cabbageworms can devastate kale, collards, kohlrabi, and cabbage - the plants that make up a good portion of our fall crops. So the more that are eaten by Braconid wasp larvae, the better.

This is just one of the strategies that organic farmers employ to live in harmony with nature and still be able to produce an abundant harvest of high quality food. Maybe it isn't movie material, but it is pretty amazing stuff!



**Daikon Radishes!**

You might know, we use Daikon radishes in the fields as a cover crop. As they grow downward, they aerate the soil, their roots prevent erosion, their leaves protect the soil from the elements and suppress weeds, and their tap roots bring important nutrients up to the surface where our crops can access them come the next season.

Also- we can eat them! They are traditionally pickled but can also be grated and added to a stir fry or miso soup. There are lots of recipes out there- play around a little! Chop off what you need and store it in the fridge- it will keep for a long time.

***Today! Kimchi/Sauerkraut Happy Hour 5:15-6:45***

***Come make some fermented cabbage with us! We won't be teaching but will share recipes we have used. To RSVP or find out what you should bring, ask Molly or e-mail [csa@redwiggler.org](mailto:csa@redwiggler.org). Free & BYOB.***

## Recipes

### Spicy Stir-Fried Cabbage

NYTimes

4 garlic cloves, minced  
2 teaspoons minced ginger  
½ teaspoon red pepper flakes  
1 star anise, broken in half  
2 teaspoons soy sauce (more to taste)  
2 tablespoons Shao Hsing rice wine or dry sherry  
2 tablespoons peanut or canola oil

1 small cabbage, 1 to 1 1/2 pounds, quartered, cored and cut crosswise into 1/8-inch shreds  
1 medium carrot, cut into julienne  
Salt to taste  
2 tablespoons minced chives, Chinese chives or cilantro

Combine the garlic, ginger, red pepper flakes and star anise in a small bowl. Combine the soy sauce and wine or sherry in another small bowl.

Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and tilting it back and forth. Add the garlic, ginger, pepper flakes and star anise. Stir-fry for a few seconds, just until fragrant, then add the cabbage and carrots. Stir-fry for one to two minutes until the cabbage begins to wilt, then add the salt and wine/soy sauce mixture. Cover and cook over high heat for one minute until just wilted. Uncover and stir-fry for another 30 seconds, then stir in the chives or cilantro and remove from the heat. The cabbage should be crisp-tender. Serve with rice or noodles.

Tip: This is a last minute stir-fry, but you can have all the ingredients prepped and ready to go several hours ahead of cooking.



### The Moosewood Cookbook Quiche- Molly's vehicle for almost anything, especially greens.

*In my household, lots of greens means lots of quiche. I love making it (a beautifully made pie crust is like art), can eat it at any meal, its great hot or cold & there is really no end to what you can put in it. This is my standard Quiche recipe- but I make lots of alterations. For a healthier version, add less cheese or supplement with a lower fat cheese like feta. I have a good friend who swears by olive oil crusts but I have also had success going crust-less (line the pie pan with parchment paper and add 1 or 2 tbsp of melted butter to the filling). I never have real milk so have always just used what I have- generally almond milk. The original recipe has ¼ lb mushrooms- but I don't do mushrooms :).*

*When choosing and adding the veggies, you can choose to do more or less. The portion of veggies to custard is not enormously important as long as the custard is able to spread all around to the sides of the crust as well as the veggie filling.*

1 10 inch pie crust pressed into either a pie pan or springform tart pan  
1 tsp. butter or margarine  
1 ½ cups chopped onion  
4 cups chopped greens (like kale, collards, pok choi, arugula) or 2 cups chopped kohlrabi  
½ tsp salt  
Black pepper

A pinch of thyme  
½ tsp dry mustard  
4 large eggs  
1 ½ cups milk (can be low-fat)  
2 tbs flour  
1 ½ cup (packed) grated swiss cheese  
Paprika

Preheat oven to 375. Melt the butter in a small pan. Add onions, and sauté over medium heat for a few minutes. When they begin to soften, add the vegetables, salt, pepper, thyme and mustard. Sauté just until bright green (greens) or softened (kohlrabi). Remove from heat. Combine eggs, milk and flour in a blender or food processor and mix well. Spread the grated cheese over the bottom of the unbaked crust, and spread the onion and veggie mixture on top. Pour in the custard and sprinkle the top with paprika. Bake for 35-45 minutes, or until solid in the center.