

The Worm's Voice

Red Wiggler's CSA Newsletter

Remember to wash your veggies! Especially your cabbage!

Only 1 more pick-up left!

In your share:

Potatoes/
Sweet Potatoes/
Cabbage/ Winter
Squash

Carrots/Turnips/
Radishes/Garlic

Kale/Tatsoi/
Mustards/Pac
Choi/ Arugula

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.

We need you LEAVES!

Our compost pile is in need of carbon! Bring us your raked leaves- lots of them!
Drop them off at your CSA pick-up or e-mail csa@redwiggler.org to arrange a
different time.

It's Garlic Planting Time!

After much preparation and just a couple hours out in the field this morning,
all of our garlic is planted and ready for the winter. Here's a little peak into
garlic planting in the fields with our Volunteer Coordinator, Katie Junghans:

*Last week we spent a few days separating the seed garlic
bulbs into their individual cloves, leaving as much paper
intact as possible. Then the cloves got a soaking overnight
in a water bath containing kelp (yup, that's seaweed) and
baking soda. This loosened the clove skins. Early Tuesday,
the cloves were drained and covered in rubbing alcohol
which will kill any mites hiding between the thin wrappers.
Drained again, they are finally ready to pop into the soil.*



*The garlic beds were prepared by removing the black plastic that had covered
the soil for the pepper plants this summer, then mixing a layer of compost into
the soil. The garlic cloves are planted with their pointed ends up. In one of the
beds, the garlic was treated with an inoculant as part of an experiment to
encourage the growth of beneficial fungi on the garlic roots in order to increase
the plants' nutrient uptake and tolerance of various environmental stresses.*

*All the garlic beds are mulched with at least a foot of straw. The goal is to get
the garlic to grow roots before the deep winter arrives, but not to make top
growth until after the worst of the winter is over. The garlic roots will grow
whenever the ground is not frozen, and the tops will grow whenever the
temperature is above 40°F. We'll check in on them next March or April and look
forward to enjoying them in late summer.*

To read the full story and see more photos of the crews planting the garlic,
head to our blog!

Recipes

Roasted Sweet Potato Salad

Serves 4-6

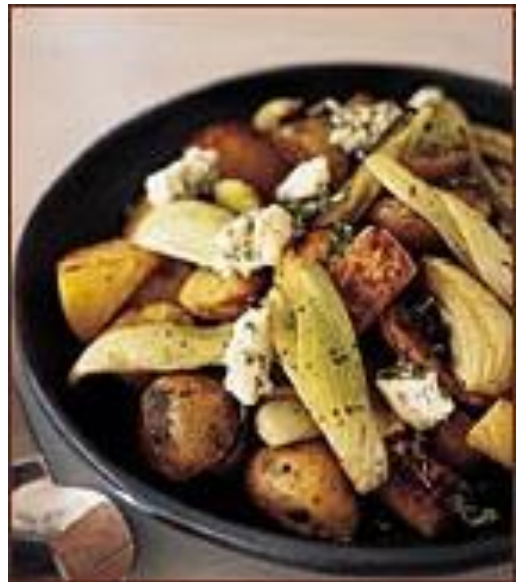
2 small **sweet potatoes**, diced.
½ red onion, thinly sliced
¼ teaspoon ground black pepper
½ teaspoon ground cinnamon, divided
½ cup balsamic vinegar
¼ cup honey
2 tablespoons finely chopped chives
4 cups happy **arugula**
Radishes, sliced paper thin, to taste.

Preheat oven to 400 degrees. Toss sweet potatoes with onion, black pepper and ¼ teaspoon cinnamon in a medium bowl. Transfer to a parchment-paper-lined baking sheet and roast until tender, about 45 minutes. Meanwhile, whisk together vinegar, honey, remaining ¼ teaspoon cinnamon and chives in a medium bowl. Toss together arugula and radishes in another medium bowl. To serve, arrange arugula mixture on plates. Toss sweet potatoes in balsamic mixture and spoon over arugula and enjoy!

Roasted Veggies with Gorgonzola

My all-time favorite root veggie recipe. Also a fabulous healthy veggie dish for Thanksgiving. I've shared it before- but right now we have so many great ingredients for it!

1 ½ lbs **turnips**, cut into 1-inch dice
2 lbs **potatoes** (can mix sweet and regular if you'd like)
1 cup **carrots**, quartered and cut into 2 inch pieces
Optional: Medium fennel bulb—halved, cored and cut into 1 ½ inch pieces
½ cup **radish**, cut into 1-inch dice
3 sprigs **Winter Savory**
2 tablespoons olive oil
Salt and pepper
¼ cup balsamic vinegar
6 oz Gorgonzola, crumbled



Preheat the oven to 400 degrees. In a roasting pan, toss the veggies, seasoning and oil. Roast for 45 minutes until tender (could take longer). Discard the winter savory.

In a small skillet, boil the vinegar until reduced to 2 tablespoons, 5 minutes.

Sprinkle the cheese over the root vegetables and roast until melted. Drizzle with the balsamic glaze and serve.