

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Potatoes/
Sweet Potatoes/
Winter Squash

Carrots/Turnips/
Radishes/Garlic

Kale/Tatsoi/
Collards/
Mustards/Pac
Choi/ Arugula

Horseradish

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.

"What do you do on the farm all winter?" is a Frequently Asked Question at the CSA pickups these last few weeks. Red Wiggler is a year-round operation, but the rhythm of the farm definitely changes!

After the Thanksgiving market, most growers begin working fewer days each week. The more relaxed schedule allows more one-on-one time between staff and growers.

Our fall/winter programming for growers includes opportunities for field trips into the community; cooking together; doing research on topics that will help us be better farmers; teaching high school students with disabilities how to grow microgreens in our greenhouse; delivering microgreens to group homes; fence, tool and equipment maintenance; and selecting the plant varieties for next year.

Growers will take turns choosing the music we work to, Craig will make the tea during breaks and lunch, and the bonds of the Red Wiggler community will continue to grow in the fertile ground of this farm.

This is the final week of the 2015 CSA! Thank you for helping us make this a great season and we hope you enjoyed your shares. We would love to hear your feedback on how the season went for you- please keep a look out in your inbox for a survey coming in the next week or so. **Please fill out the fall/end of the season survey, even if you have filled out a spring & summer survey, as it has different questions for the whole season.** We use the results from the surveys to plan for the following year.

In regards to the 2016 CSA:

Check out our website in December/January for updates. You will also be receiving info via e-mail when registration is open.

Registration will open for CURRENT MEMBERS in mid- January.

Registration will open for NEW MEMBERS in mid- February.

We still need your LEAVES & COMPOST!

Our compost pile is in need of carbon! Bring us your raked leaves- lots of them! Drop them off in front of the barn from 8-4 M-F or at your pick-up. Also, you are welcome to continue to drop off your compost all winter. Please exchange you bucket at the covered bench area outside our main building. Just remember, no meat or cheese please!

Horseradish!

We've harvested the horseradish in the PYO and are including it in your share. Prepare horseradish like you would ginger: peel and grate finely. 1 tbsp grated fresh= 2 tbsp store bought, bottled. Use it in a sour cream sauce for steak or a chip dip, make Susan Stamberg's Cranberry relish, add to mash potatoes or enjoy a Thanksgiving morning Bloody Mary! *You can also replant the root in your garden and grow your own!*

Recipes

Andrea's Butternut (or other Winter Squash) Soup

Makes 4-6 servings

6 cups peeled and cubed **butternut squash**
1 onion diced
2-4 tbsp olive oil
3 cups water
4 cubes chicken/veggie bouillon (or broth)
½ tsp ground black pepper

¼ tsp ground cayenne pepper – can add more if you enjoy spice (or try adding 1 seedless **fish pepper**)
1-2 tbsp ginger
1-2 tsp curry
¼ - ½ tsp nutmeg
¼ - ½ tsp cloves
¼ - ½ tsp cinnamon

Preheat oven to 375 degrees. Cut squash in half, discarding seeds and membrane. Place halves, cut sides down in baking dish with ½ inch of water. Roast until soft, about 45 minutes. Scoop pulp from the peel.

In a large saucepan, sauté onions in oil until tender. Add squash, water, bouillon, and all spices. Bring to boil; then simmer 20 minutes, or until spices are well integrated.

Puree squash with a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil. (If you have an immersion blender you can puree it right in the pot.)

Roasted Kabocha Squash Spinach Salad with an Orange Honey Pistachio Vinaigrette [serves 4-6]

1 **kabocha squash**
1 ½ tbsp. coconut oil, melted
Salt and Pepper
Wash and dried **tatsoi, pac choi or kale**

2 pears
pistachios
Feta or goat cheese

Orange Honey Pistachio Vinaigrette

¼ cup extra virgin olive oil
¼ cup fresh squeezed orange juice
3 tbsp. unsalted pistachios
3 tbsp. apple cider vinegar

1 ½ tbsp orange zest
1 tsp minced garlic
¼ tsp salt
1/8 tsp black pepper

1. Preheat your oven to 400 degrees and line a large pan with parchment paper.
2. Quarter the kabocha squash then cut 1/4-1/2" slices.
3. Place on the pan and pour the melted coconut oil ovetop along with a generous amount of salt and pepper. Rub the slices to coat and place in a single layer.
4. Roast for about 35 minutes flipping over once halfway through.
5. Let cool and carefully cut the skins off of each slice.
6. While roasting, combine all dressing ingredients in your blender.
7. Taste and add more salt, pepper, or honey if desired and blend again until smooth.
8. The dressing will thicken as it sits or once refrigerated. Store in a sealed jar in the fridge for up to 5 days.
9. Assemble salad with greens, thinly sliced pears, cooled squash, pistachios, dressing, and cheese if desired.

Have a great end of 2015 and beginning of 2016 and we hope to see you back on the farm in May for the 2016 CSA season!