

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 1
Sept 27 & Sept 30

IN THE SHARE

- Kale/ Mustards/
Collards/ Head
Lettuce/ Arugula
- Radishes/ Turnips/
Beets
- Tomatoes/ Sweet
Peppers/ Okra
- Garlic/ Onions
- Spaghetti Squash/
Butternuts

PICK-YOUR-OWN

Blue flag indicates
ready to pick.

RED:

Irises, Lavender, Sage,
Mint, Marigolds

GREEN:

Cilantro, Dill

ORANGE:

Celosia, Nasturtiums,
Gomphrena, Marigold,
Oregano, Statice,
Strawflower,
Pincushion, Calendula,
Parsley, Sun Balm,
Tithonia, Sorrel

BROWN:

Cosmos, Anise
Hyssop

PINK:

Zinnias, Cosmos,
Calendula

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

Welcome to the first week of the 2017 Fall CSA!

We're looking forward to a fall full of greens, sweet potatoes, squash and more! We hope you are as well. A few reminders to help us get off to a good start:

- Weekly pick-up (which includes the PYO) is from 2pm-5pm on Wednesdays and 9am-12pm on Saturday. Please stick to these times.

- Remember to sign-in

- We often have extra produce to sell- just ask our staff

- Can't make your pick-up? Send a friend or family member in your place.

Remember to tell them the times of the pick-up window, that they should bring a bag and sign-in. No need to let us know ahead of time.

Coming up:

- THIS SATURDAY 9/30 10am Field Tour with Executive Director Woody Woodroof! Rain or shine. Free to CSA members (just e-mail molly@redwiggler.org). General public should register online.

- SOLAR HOUSE TOUR 10/7 10am-4pm (open at 9am for CSA members). Ever wondered what the inside of the Solar House looks like or how it all works? Woody will have coffee available and have the house open until 4pm.

Farm Notes:

Welcome back! We're looking forward to a great season and busy getting back in to the swing of harvesting. You'll see in your share this week a few summer veggies- enjoy them as they won't last long!

The rhythm of fall gives us a little more time to work one on one with growers on their skills. Since sweet potatoes and winter squash are harvested all at once and that was done in the last few weeks, we have less to harvest each week for the CSA. That means growers will work on advancing their skills and becoming more independent on everything from bunching greens, to mowing, to conserving more water when washing root vegetables or bins. We're grateful to the adult volunteers that join us in the fields during the day for helping to make this possible.

The PYO is full of flowers and herbs! How to take advantage:

In order to make the most of your CSA share, it's important to take advantage of the PYO. To the left is a list of everything that is available to pick. The colors in all caps refer to the area they are in in the fields- indicated outside with a tall colored flag. The RED area is just outside the barn- all the others are along the fence across the drive way. Anything available to pick is both listed to the left in this newsletter and indicated with a small blue flag in the field. Signs in the PYO will tell you how to use the items. We're always around to help!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Risotto with Butternut Squash and Collard Greens Martha Rose Shulman, Serves 6

1 ½ pounds butternut squash, peeled, seeded and cut in 1/2 inch dice (about 2 cups diced squash)
2 tablespoons extra virgin olive oil
Salt
freshly ground pepper to taste
1 bunch collard greens, about 1 pound, stemmed and washed
2 quarts chicken or vegetable stock, or 1 quart chicken or vegetable broth and 1 quart water

1 small or 1/2 medium onion
2 large garlic cloves, green shoots removed, minced
1 ½ cups arborio or carnaroli rice
½ cup dry white wine, such as pinot grigio or sauvignon blanc
Pinch of saffron (optional)
½ cup freshly grated Parmesan cheese (2 ounces)
3 to 4 tablespoons chopped flat-leaf parsley



Preheat the oven to 425 degrees. Cover a baking sheet with foil. Toss the squash with 1 tablespoon of the olive oil, season with salt and pepper, and spread on the baking sheet in an even layer. Place in the oven, and roast for 30 to 40 minutes, stirring every 10 minutes until tender and caramelized. Remove from the heat.

While the squash is roasting, blanch the collard greens. Bring a large pot of water to a boil. Fill a bowl with ice water. When the water comes to a boil, salt generously and add the collard greens. Blanch for four minutes and transfer to the ice water with a slotted spoon or skimmer. Drain and squeeze out extra water. Chop coarsely, or cut in ribbons. Bring the stock to a simmer in a saucepan. Heat the remaining oil over medium heat in a large, heavy nonstick frying pan or a wide saucepan, and add the onion. Cook, stirring, until the onion begins to soften, about three minutes, and add the garlic and about 1/2 teaspoon salt. Cook, stirring, until the onion is tender and the garlic fragrant, about one minute, and add the rice. Cook, stirring, until the grains of rice are separate.

Stir in the wine, and cook over medium heat, stirring constantly. The wine should bubble but not too quickly. When the wine has just about evaporated, add the collard greens, a third of the squash and the saffron. Stir in a ladleful or two of the simmering stock, enough to just cover the rice. The stock should bubble slowly. Cook, stirring often, until it is just about absorbed. Add another ladleful of the stock, and continue to cook in this fashion -- not too fast and not too slowly, adding more stock when the rice is almost dry -- until the rice is tender all the way through but still chewy, 20 to 25 minutes. Taste and adjust seasonings.

Add the remaining roasted squash and another 1/2 cup of stock to the rice. Stir in the Parmesan and parsley, and remove from the heat. Add freshly ground pepper, taste one last time and adjust salt. The mixture should be creamy (add more stock if it is not). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

Radishes with Creamy Ricotta Real Simple, Serves 4

Place 1 cup **ricotta** (preferably fresh) in a small bowl, drizzle with 1 tablespoon **extra-virgin olive oil**, and sprinkle with 1/8 teaspoon each kosher salt and black pepper.

Serve with 2 bunches **radishes** (about 16; trimmed).

