

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 1
Sept 28 & Oct 1

IN THE SHARE

- Potatoes/Spaghetti
Squash/ Red Kuri Squash
- Sweet Peppers/
Eggplant
- Onions/ garlic
- Turnips/ Radishes/
Beets
- Kale/ Collards/
Arugula/ Mustards

PICK-YOUR-OWN

RED: Marigolds,
Oregano, Mint

ORANGE:

Celosia, Gomphrena,
Cosmos, Strawflower,
Salvia, Scabiosa,
Zinnias, Strawflower

BROWN:

Banana peppers, Cosmos

PINK:

Gomphrena, Zinnias,
Cosmos, Snapdragon

YELLOW:

Salvia, Winter Savory,
Sage, Gomphrena,
Marigolds, Borage,
Tithonia

GREEN:

Dill, Cilantro

-Remember to clean your veggies!

-Join the CSA Facebook Group. Search: "Red Wiggler CSA" and request to join.

-Please do not bring dogs, on or off leash, to your pick-up.

Welcome to fall!

We are so excited to get the fall share going and that you will all be joining us each week on the farm.

We've completed the sweet potato harvest!!

Thanks to the help of many volunteer groups! If you take a peak in the greenhouse at your next pick-up you will see several thousand pounds "curing" before they will be included in your share.

Sweet potatoes need to be cured in a warm, humid space after harvest for a few weeks to develop the sugar- creating enzymes that make them so delicious and moist. You should see them in your share next week!

New this Year: Red Kuri Squash!

This week's share includes a choice of Red Kuri Winter Squash and Spaghetti Squash. This is the first time we have grown the Red Kuri Squash!

We are growing it this year , thanks to our CSA Members Jon Pratt and Naomi Engle, who make a great tofu dessert with Red Kuri Squash. (We'll post the recipe to the CSA Facebook page this week!)

Farm Happenings:

SOLAR HOME TOUR:

Oct. 1st 9am-5pm

Did you know we have a Solar Home on the farm? Woody will be around all day to show people around. Head up the driveway, past the Murray Building and you'll see it just around the bend

FREE and open to all.

Check out other homes on the tour at solartour.org.

FIELD TRIPS & TOURS:

Bring your group (class, congregation, scout troop, etc.) to Red Wiggler for a hands-on tour of the fields. Field trips available T-F 9am-2pm. E-mail molly@redwiggler.org.

Red Kuri Squash skin is hard and thin though similar to the delicate squash once cooked is edible. Its flesh is creamy yellow and when cooked offers a smooth texture and sweet squash flavor that is reminiscent of chestnuts. It also tastes good with coconut milk and green curry!



Recipes

Spaghetti Squash with Chickpeas and Kale *from loveandlemons.com* Serves: serves about 2-3

1 spaghetti squash	2 (packed) cups of chopped kale leaves
1-2 tablespoons olive oil	juice of ½ a lemon
1 shallot, sliced thinly	¼ cup chopped sun dried tomatoes, capers or olives
1 clove garlic	¼ cup toasted pine nuts
½ tablespoon minced fresh rosemary	salt & pepper
pinch of chili flakes	optional: a bit of freshly grated parmesan cheese
½ cup chickpeas, drained and rinsed	



Preheat oven to 375 degrees F.

Slice your squash in half lengthwise. Scoop out the seeds and pulp from the middle. Place the squash on a baking sheet, cut side up. Drizzle with olive oil and sprinkle with salt and pepper. Roast for about 1 hour or until the flesh is tender and you can scrape noodle-like strands with a fork. (If your squash is difficult to cut, roast it whole for the first 20 minutes until it softens a bit, then cut and continue).

Remove squash from the oven, let it cool slightly and use a fork to scrape the squash into strands.

(set aside).

In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallot, garlic, rosemary, chile flakes, salt and pepper. (I added my garlic clove whole and removed it later).

Once the shallot starts to soften, add the chickpeas and cook for a few minutes until they turn lightly golden brown.

Remove the garlic clove, and add the kale leaves, lemon juice, and then give everything in the pan a good stir.

Once the kale is partially wilted, add the squash strands, a little grated cheese, sun dried tomatoes, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with toasted pine nuts and extra grated cheese.

Turnip and Greens Frittata *adapted from Early Morning Farm*

4 medium turnips shredded	1/2 cup shredded white cheddar or other mild cheese
greens from turnips, cut into strips	2 minced cloves garlic
8 eggs	1/2 minced onion
1/4 cup whole milk, cream, or 1/2 & 1/2	2-3 tablespoons butter

Prepare the turnips. Preheat the oven to 425. Start by shredding two turnips with a box grater or food processor with a shredding blade. These turnips have a lot of moisture so the first step is cooking them down. I started with 2 tablespoons of butter. (you could use less) Melt the butter over medium heat. Add half a minced onion, the shredded turnips, about a 1/2 tsp sea salt, and a few grinds of black pepper. Mix evenly then use a spatula to flatten, cook for two minutes, turn over, and flatten again. Repeat this 2-3 times until there is a lot of water surrounding the turnips. Carefully pour the water off. Flatten the mixture one last time and cook until it starts to brown, 3-4 minutes. Remove from pan and set aside.



Prepare the greens. Wash leaves thoroughly. Remove stems, roll into a tight bundle, and slice finely into shreds. In the same pan the turnips were in add a dash of olive oil or butter and briefly sauté the garlic over medium heat, then add the kale. Sprinkle with salt and pepper, then cover 3-5 minutes until the kale starts to break down. Remove from pan.

While the kale is cooking. Beat the 8 eggs in a stand mixer or by hand with the 1/4 cup of milk. Add a sprinkle of salt + pepper (this flavors the whole dish and table-side salting should not be necessary)

Cook the frittata. Add a smidge more butter to the pan (about 1/2 tablespoon), melt over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with kale, then the cheese. Bake at 425 degrees until egg is set, about 15 minutes. Cool for 5 minutes, cut into wedges and serve.