

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 2
Oct. 5 & 8

IN THE SHARE

- Winter Squash/ Sweet Potatoes
- Sweet Peppers/ Eggplant/ Onions/ Garlic/ Turnips/ Radishes/ Beets/ Kohlrabi
- Kale/ Mustards/ Pac Choi/ Arugula
- Green Tomatoes

PICK-YOUR-OWN

RED:
Oregano, Mint

ORANGE:
Celosia, Gomphrena, Cosmos, Strawflower, Salvia, Zinnias

BROWN:
Banana peppers, Cosmos, Tithonia

PINK:
Gomphrena, Zinnias, Cosmos, Snapdragon

YELLOW:
Salvia, Sage, Snapdragon, Gomphrena, 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.

Farm Update:

We are so grateful for the cooler weather and especially the rain! People and plants are all a little happier and energized. Now that sweet potatoes and winter squash are out of the fields, we are spending many of these cool mornings harvesting greens- nice to be able to slow the pace just a bit from hectic summer harvesting. This will be the last week of red tomatoes. Eggplants and peppers will follow suite soon.

The PYO still has lots of herbs and flowers to offer. Take advantage before the first frost! Highlights: **Zinnias** (in both Pink & Orange PYO's), **Tithonia**, **Parsley** (just cleaned up the bed, uncovering tons of parsley to be harvested!), **Cilantro and Dill**.

Kohlrabi:

Both the bulb and greens can be eaten. The bulb is sweet and juicy and reminiscent of a broccoli stalk in taste. The leaves can be cooked like any green- they are most similar to collard greens. Cut away the thick waxy skin of bulb before preparing. Cut into matchsticks and eat raw, toss with a vinaigrette for a side salad or roast with your favorite veggies!

Green Tomatoes:

We're in the process of pulling the tomato plants out of the field which means we have green tomatoes for you! Green tomatoes are so versatile and really under rated. Check out the recipes for a green tomato tart on the CSA FB group, blend with lime and cilantro for a green salsa, make a spice cake, or make fried green tomatoes with yogurt dip!

Fun Fact: Rumor has it that the emperor Charlemagne order that kohlrabi be grown in the lands he reigned in 800 AD, including in Germany, where the brassica got its name. Kohlrabi's name comes from combining the German words for cabbage, kohl, and turnip, rabe.

Farm Happenings:

Fermentation Happy Hour!

Wed. Oct 26 5-7pm

Join us for a casual evening of kimchee and sauerkraut making! This is an informal event- we'll follow a few recipes but there will be no designated "teacher". Bring your own ingredients or purchase from us. BYOB. FREE but RSVP requested.

Red Wiggler Swag!

For sale at the CSA this week:
Sweatshirts \$42
T-Shirts \$25
Hats \$20
Posters \$15



Recipes

Shaved Kohlrabi with Apple and Hazelnuts, Serves 4

From epicurious.com

1/2 cup blanched hazelnuts
2 medium kohlrabi (about 2 pounds total), peeled,
thinly sliced on a mandoline
1 tart apple (such as Pink Lady or Crispin), peeled,
cored, thinly sliced on a mandoline
1/2 teaspoon finely grated lemon zest
1 tablespoon fresh lemon juice

1 tablespoon white wine vinegar or white balsamic
vinegar
Kosher salt
1/2 cup torn fresh mint leaves, plus more for
serving
1 tablespoon extra-virgin olive oil
2 ounces Pecorino di Fossa or Parmesan, shaved
(about 1/4 cup)

Preheat oven to 350°F. Toast hazelnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 10–12 minutes. Let cool, then coarsely chop.

Toss kohlrabi, apple, lemon zest, lemon juice, and vinegar in a medium bowl; season with salt. Add 1/2 cup mint and gently toss to just combine. Toss toasted hazelnuts and oil in a small bowl to coat; season with salt. Divide kohlrabi salad among plates and top with seasoned hazelnuts, Pecorino, and more mint.



Creamy Sweet Potato Soup, Serves 4

From greatist.com

2 tablespoons olive oil
1 small onion, diced
1-2 teaspoons salt
Freshly ground black pepper
1 shallot, diced
1/2 teaspoon cinnamon

2 cloves garlic, chopped
3-4 sweet potatoes (about 2 pounds), peeled and
cut into 1-inch cubes
4 cups chicken (or vegetable) stock
1 teaspoon paprika

In a large pot, heat oil over medium heat. Add onion and shallot, and season lightly with salt and pepper. Cook until translucent, about 5 minutes.

Add garlic and cook 2 more minutes, until fragrant.

Stir in sweet potatoes, stock, cinnamon, and paprika. Bring mixture to a boil. Reduce heat and simmer for 30 minutes. (Sweet potatoes should be very tender.)

Using a blender, stick blender, or food processor, purée mixture (in batches, if necessary). Return mixture to the pot. Season to taste with salt and pepper.

Optional additions to spice it up a little: curry powder, toasted sesame oil, 1/2 cup coconut milk, chili flakes

