

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 2

Oct 4 & Oct 7

IN THE SHARE

- Kale/ Mustards/
Collards/ Head
Lettuce/ Arugula
- **Kohlrabi**/
Beets/Radishes
- Sweet Peppers
- Garlic
- **Pie Pumpkins**/
Spaghetti Squash/
Butternuts
- Potatoes/ Sweet
Potatoes

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.

Farm Notes:

We've pulled the last tomato plants out of the fields and are busy harvesting and processing fall greens, beets and other root crops. We're also trying to get a few more cover crop plantings done before the rain coming next week. Busy as usual and grateful for the many adult volunteers that are helping us get the work done. Visiting students have been helping us get our Discovery Garden started for the season- planting lots of radishes and greens. There is still some space in the field trip schedule this fall, particularly on Wednesdays through early November. E-mail molly@redwiggler.org to learn more.

Coming up:

This Saturday 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.

How to store your fall veggies:



For many of us, the pace of our lives picks up in the fall.

One place we can take our time is in preparing and consuming our fall veggies. Fall veggies tend to last much longer than summer veggies. Here are some tips on how to store them so you can take the pressure off cooking them and keep enjoying them for many weeks to come:

- 1) Start planning your weekly meals based on freshness. Consume greens first. Eat a salad early in the week, consuming the delicate lettuce and arugula. Next goes the softer greens: mustards, pac choi, mizuna, then the heartiest greens: kale and collards. All the harder veggies can wait- for months sometimes.
 - 2) Beets, Carrots, Turnips, Radishes: Trim off tops. Wipe off any soil (don't wash). Store in perforated bag in fridge.
 - 3) Potatoes & Sweet Potatoes: Use any with bruises or damage right away. For others, do not wash. Put in basket or crate where air can circulate and store in a humid, cool, dark place- like a basement.
 - 4) Cabbage: Store in a plastic bag in the fridge. Can store for months. If outer layers begin to mildew or brown, simply peel them off. Can be stored in a root cellar if you have one!
 - 5) Winter Squash: Only near perfect squash will store well so eat anything with a bruise or cut. Butternuts will store the longest. Lay in a single layer on shelves in a cool, dry place. Moisture leads to rot and it's important that air can circulate around each squash.
- Check your stored veggies often and if they feel a little soft- cook em' up!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Kohlrabi Fritters Early Morning Farm

1 medium to large size kohlrabi
1 red or yellow onion
1/2 cup all purpose flour (or gluten free all purpose or whole wheat)

1 teaspoon baking powder
1/2 teaspoon sea salt
2 eggs, lightly beaten
olive oil for frying

Using a food processor with a grating disk, grate the kohlrabi and onion. You'll need 3 cups, so if your kohlrabi is on the small side add more onion or another vegetable. If your kohlrabi is on the larger side, reduce the amount of onion.

Wrap the kohlrabi in a clean dish towel and squeeze as much water out as you can. Transfer the kohlrabi to a mixing bowl, and combine with remaining ingredients. Heat a thin layer of

oil over medium high heat in a cast iron skillet. Pan-fry kohlrabi in 1/4 cup scoops, about 2 minutes per side until golden. Drain on paper towels. Serve with desired sauce or Lemon Dill Yogurt Sauce.



Lemon Dill Yogurt Sauce to be served over fritters:

1/2 cup Greek yogurt
1 small garlic clove, minced or grated
1 tablespoon lemon juice

1/4 cup chopped fresh dill
salt and pepper to taste

Combine yogurt, garlic, lemon juice, and dill in a small bowl. Mix to combine, then season with salt and pepper to taste.

Simple Sautéed Mustard Greens Sunny Anderson, Foodnetwork.com, Serves 6

2 tablespoons vegetable oil
2 cloves garlic, minced
2 bunches mustard greens, stemmed and chopped

Kosher salt and freshly ground black pepper
1/4 cup chicken stock
1 tablespoon stone-ground mustard



In a large pan with straight sides on medium heat add the oil. Add the garlic to the hot oil. Sauté until garlic is softened and fragrant and has infused the oil.

Add the mustard greens. Season the greens with salt, and pepper, and sauté while tossing to wilt. Once wilted add the chicken stock and stir.

Raise heat to a simmer, then lower and cook for about 5 minutes more. Stir in the ground mustard. Serve warm.