

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 3
Oct. 12 & 15

IN THE SHARE

- Napa Cabbage/
Potatoes/ Sweet Potatoes
- Sweet Peppers/
Eggplant/ Onions/
Garlic/ Turnips/ Beets
- Kale/ Mustards/ Pac
Choi/ Tatsoi
- Green Tomatoes
- Hot Peppers

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 had the first frost of the year on Tuesday morning. We covered a few of the warmer weather crops, like peppers, to help them last just a little longer. Greens like kale, pac choi and mustards tend to be a little sweeter after the frost- so look forward to that!

The frost does mean that the PYO has a few less things to offer and a few new things to highlight. The summery flowers are coming to an end but the flowers that dry well like **gomphrena** and **strawflowers** are still great finds. Hint: pick strawflower when the buds are closed. As they dry, they will open up. Dry them by hanging them upside down in a cool, dry place.

Sage and **sorrel** are both in their prime right now.

Napa Cabbage!

Your share this week includes the option of napa cabbage. And, Molly speaking here, napa cabbage is one of my absolute favorite fall veggies. It's an Asian green, often found in Pad Thai and Asian themed salads. Here are some helpful tips:

- *Cleaning and storing:* remove any outer leaves that are beginning to brown. Put the head in a plastic bag and store in your fridge- will store for several weeks. When ready to use, tear off individual leaves and wash. You will likely

find a few little critters in there- we are an organic farm after all and all those crevasses make great little homes. So wash well. Pile leaves and slice thinly into strips.

- *How to eat:* When in doubt, add to a stir fry (at the end of the cooking process) or a salad. Other options include making cabbage rolls, sautéing with ground pork and onions, making a Pad Thai dish or a traditional Irish cabbage side dish. Google around- there are so many great ideas out there.

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

Napa Cabbage and Kale Coleslaw with Creamy Miso-Ginger Dressing

Serves 4 to 6

For the dressing:

3 tablespoons silken tofu
2 tablespoons white miso
1 tablespoon freshly squeezed lemon juice
2 tablespoons unseasoned rice vinegar
1 tablespoon finely grated, peeled fresh ginger

1 clove garlic, minced
1 tablespoon Dijon mustard
Coarse sea salt sea salt
2 tablespoons peanut oil

For the slaw:

3 cups very thinly sliced Napa cabbage
Coarse sea salt
1 bunch kale
1/2 cup shelled peas (about 8 ounces peas in pods)

1/2 cup packed chopped parsley
2 tablespoons chopped chives
1 tablespoon finely grated lime zest

To make the dressing, put the tofu, miso, lemon juice, rice vinegar, ginger, garlic, mustard, and 1/2 teaspoon salt in a blender and process until somewhat mixed. With the motor running, slowly pour in the oil and process until creamy. Taste and season with more salt if desired. Set aside.



To make the slaw, put the cabbage in a large bowl and sprinkle with 2 teaspoons of salt. With clean hands, massage the cabbage until soft and wilted, about 3 minutes. Transfer to a colander and rinse the bowl. Put the colander in the sink, put a plate atop the cabbage, and weight it (a 28-ounce can of tomatoes works well). Let sit for 1 hour.

In the meantime, remove the stems from the kale and cut into thin slices. Set aside. Finely chop the kale, and set aside.

Next, rinse the cabbage under cold water, then squeeze with clean hands to extract as much liquid as possible. Transfer back into the bowl and add the reserved kale and stems and shelled peas. Pour in enough dressing to lightly coat the vegetables (start with 3 tablespoons). Toss with clean hands, then taste and add more dressing as desired (reserve any extra for another use).

To serve, with clean hands transfer the slaw into a serving bowl, leaving any juices behind. Garnish with the parsley, chives, and lime zest.

Simple Braised Turnips and Radishes

By Mark Bittman

1 pound (total) turnips and radishes
Salt

2 tablespoons butter or flavorful oil, like olive or peanut

Peel vegetables, or not; quarter turnips if necessary to make them about same size as radishes. Put in saucepan with pinch of salt, butter or oil, and water to come up about halfway to their height. Cover and turn heat to medium-high.

Simmer until vegetables are just about tender, 10 to 20 minutes. Uncover and continue to cook until vegetables are shiny and glazed with their juices. Add more salt if necessary and serve hot.