

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 3

Oct 11 & Oct 14

IN THE SHARE

- Napa Cabbage/
Sweet Potatoes/
Winter Squash
- Kales/ Collards/
Mustards/ Head
Lettuce/ Arugula
- Radishes/ Kohlrabi
- Garlic
- Sweet Peppers
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Iris, Lavender, Sage,
Mint, Marigolds

GREEN:

Cilantro, Dill

ORANGE:

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

BROWN:

Cosmos, Anise
Hyssop

PINK: 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:

As we've mentioned before, the rhythm of fall on the farm is a little slower than the rest of the season and, as such, we are able to take a little more time with each grower to find out what they want to work on and help them progress in those areas. Hans is working on harvesting kohlrabi; Elaine is harvesting peppers; Iya has been learning the wash station; Nuno and Craig are both working on cover crop seeding and Brandon is rubber banding radishes. Watching the progress and excitement around skill development is such a rewarding part of each day at Red Wiggler.

A Tribute to Semi-Homemade and 10 minute recipes:

It's lovely when life allows for a Sunday full of cooking healthy meals for the week or you can get home in time at the end of a week day to roast veggies, marinate some steak and maybe even nurture a risotto to perfection. Cooking can be an enjoyable and meditative pastime. Cooking can also be the last thing you want to do when you get home after a long day or just seem like another task in the way of family time, spending a day on a hike or another thing to bicker over. So here is a list of ways to enjoy your CSA veggies while taking a little pressure off time spent in the kitchen:

- Veggie Frozen Pizza: Get a frozen cheese pizza (Trader Joe's & Amy's are two good options), layer it up with your fav. veggies like peppers, broccoli or kale, add some thinly sliced garlic, brush with a little olive oil and cook!
- Omelet: It's hard to go wrong with an omelet filled with greens, herbs & goat cheese!
- Fried Egg Tacos: Fill small corn soft tacos with a fried egg, cheese, chopped greens, cilantro and thinly sliced radishes. Top with salsa.
- Make ahead and freeze: Butternut Squash Soup or Lasagna loaded with collards.
- Mac n' Cheese & Greens: Make a box of mac n' cheese, add a glove of minced garlic when it's still hot, top with chopped kale, collards or arugula for a satisfying, family friendly dish.
- Filling Green Salad: Use combination of greens including kale, collards or mustards, add finely chopped radish, some raw grated beet, maybe pumpkin seeds or dried cranberry's. Top with a scoop of cottage cheese or a cooked grain (like quinoa or farrow) and a balsamic vinaigrette dressing.
- Peanut Butter & Kale Pita: Really. It's delicious. Almond butter is great too. Mixed greens also works. No joke.

Mustard Greens



A fun aspect of being a part of a CSA is being introduced to new vegetables that add another level of creativity to meals. Mustard greens is one of those vegetables to many people and it can take some time to figure out how to prepare them in a way that suits your and your family's palate. We keep in in the share because of how different it is than kale and collards, how it fits into a variety of recipes and how well it grows in our region. It's also loaded with vitamins and nutrients.

Some suggestions:

- Removing the stems- even more so than with kale- will help keep the flavor enjoyable rather than overwhelming.
- Cook with sweet onion to reduce any bitterness and get more flavor. Add a pinch of sugar or honey if needed.
- When looking for recipes- search more southern US or Indian inspired recipes where the greens are more prominent in everyday cooking.
- Meet its strong flavor with other strong flavors like curry, vinegar or chipotle

Curried Lentils and Mustard Greens, Early Morning Farm

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| 1 bunch mustard greens | 1 tablespoon olive oil |
| 1 cup red lentils | 1 tablespoon hot madras curry powder |
| 4 cups water or vegetable stock | 1 teaspoon turmeric |
| 1 onion | salt + pepper to taste |
| 2 cloves garlic | 1 tablespoon red wine vinegar or fresh lime juice |
| 1 tablespoon minced fresh ginger or 1/2 tsp dried ginger | |

Prepare greens. Remove stems of greens and wash thoroughly. Chop or tear into bite-size pieces. Chop onion and mince garlic and ginger.

Heat olive oil over medium low heat. Sauté onions, garlic, and ginger until onion is softened and translucent. Add dry spices, mix, then add water or stock, stirring to get any bits off the bottom of the pan. Add lentils, bring to a boil, then simmer over low heat for 20 minutes. After 20 minutes stir in greens, and cook for an additional 10 minutes. Check lentils for doneness. When lentils are done season to taste with salt, pepper, and red wine vinegar or lime juice.



Greens with Ginger & Sesame Seeds

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| 2 to 3 bunches of greens: a mix of dandelion, escarole, chard, spinach, kale, bok choy, mustard greens, beet greens, etc. – wash, discard thick stems, chop leaves coarsely | 2 large cloves of garlic, minced |
| 2 tablespoons cooking oil | pinch crushed red pepper |
| | 1 tablespoon fresh minced ginger |
| | salt |
| | 2 tablespoons toasted sesame seeds |

Heat a large pot and dump in greens and toss until they are just wilted. Remove greens from pot and set aside. Add remaining ingredients to pot and stir until garlic is just beginning to brown – about 30 seconds. Remove from heat, stir in greens and serve.