

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 4

Oct 18 & Oct 21

IN THE SHARE

- Napa Cabbage/ Sweet Potatoes/ Spaghetti Squash
- Kales/ Collards/ Mustards/ Arugula
- Radishes/ Scarlett Queen Turnips/ Kohlrabi
- Garlic
- Sweet Peppers
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:
Sage, Mint,

GREEN:
Cilantro, Dill

ORANGE:
Gomphrena,
Oregano,
Strawflower,
Calendula,
Parsley, Sorrel

PINK: Calendula

YELLOW: Sage

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.

NEW REMINDER: Please take extra care to both sign-in AND sign-in carefully on the line with YOUR name. Thanks!

RE: PYO: The herbs and sorrel are plentiful but we are at the tail end of the flower season. You are welcome to keep picking if you see things you would enjoy but we have reduced the value in your share to \$4.00/week (1 bunch).

Cilantro & Dill: Our beautiful cilantro and dill patch was decimated by an animal this week. We're hoping to get it back up to snuff before too long! Thanks for your patience!

Farm Notes: GREENS!

Semi-normal fall weather is here and our greens are happy! All those hearty and nutritious dark-leafy greens love this slightly colder and crisper weather. We work hard to have a wide variety of greens for CSA shares and encourage you to try all the varieties- more than once- and find recipes that work for you. Most of them also freeze fairly easily and are great added to soups and sauces into the winter.

Getting the greens from the field to the barn provide ample opportunity for Growers and volunteers to use and learn different skills. First the greens are harvested either by hand or with a knife. Then greens are bunched and taken to the wash station. At the wash station, led by regular volunteer Abby, they are carefully cleaned with the perfect water pressure and, depending on what the variety is, spun and taken to the barn to be bagged. Recently, CSA assistant, Kim, has been teaching one of our volunteers with developmental disabilities, Reed to wash different greens.



New This Week: Scarlet Queen Turnips (and greens!)

"Pink turnips are harvested younger than the more common purple-top turnip and are a delicious variety with a mild and sweet flavor. Pink turnips have edible greens, so if they are attached sauté them or add them to a salad. Turnips have the best flavor when lightly cooked, so be careful of overcooking. Turnips are extremely versatile and can be roasted, sautéed, steamed, stir-fried and enjoyed raw in salads."- Early Morning Farm
Turnips are loaded with antioxidants, fiber and vitamin-C.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Stir-Fried Napa Cabbage with Spicy Garlic Dressing Food & Wine Magazine

“Serve this quick sauté with grilled pork chops, steak or fish and plenty of steamed rice to soak up the garlicky sauce.”

4 cloves **garlic**—two chopped and two minced
Kosher salt
4 scallions, finely chopped
3 tablespoons soy sauce
1 tablespoon Asian sesame oil
1 tablespoon water

1 teaspoon coarse Korean hot red-pepper flakes
1/2 teaspoon sugar
1 tablespoon vegetable oil
1 ½ pound head **Napa cabbage**, thinly sliced
2 teaspoons toasted sesame seeds, toasted



Step 1

Mince and mash the chopped garlic to a paste with a pinch of salt. Stir together the scallions, minced garlic, soy sauce, sesame oil, water, hot red-pepper flakes and sugar together in a small bowl. Set aside.

Step 2

Heat the oil in a wok or large skillet over high heat. Add the cabbage, season with a pinch of salt, and stir-fry, using tongs to stir, until the cabbage is just wilted, 3 to 5 minutes. Remove from the heat and pour the dressing over the cabbage and toss gently to combine. Transfer to a serving dish and garnish with the toasted sesame seeds.

Roasted Root Vegetable Medley

3 pounds assorted root vegetables (carrots, **beets**, **potatoes**, celery root, **turnips**, rutabagas) peeled and cut into even-size chunks
8 shallots, halved lengthwise

1/4 cup extra-virgin olive oil
2 tablespoons chopped fresh herbs (**thyme**, **parsley**, **dill**, rosemary, and/or **sage**)
2 teaspoons kosher salt
1 teaspoon freshly ground pepper

Place rack in the center of the oven. Preheat oven to 400 degrees F. In a large roasting pan or baking dish, gently toss vegetables and shallots with the oil, herbs, salt and pepper. Roast, uncovered, stirring once or twice, until the vegetables are fork tender and browned, about 45 minutes. Serve immediately, or cover and keep warm for up to 1 hour before serving.

Kale Pesto Pinchofyum.com

2 cups torn kale (no stems) and parsley, combined
½ cup olive oil
¼ teaspoon salt (more to taste)

1 clove garlic
juice of one lemon
¼ to ½ cup raw almonds
Optional: handful of parmesan



Pulse the kale, olive oil, salt, garlic, and lemon juice in a food processor until smooth. Add the almonds and pulse until the almonds are ground to desired consistency. Serve with pizza, pasta, crackers, eggs, salads, soup, sandwiches, etc.