

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 4

Oct. 19 & 22

## IN THE SHARE

- Sweet Potatoes  
- Sweet Peppers/  
Onions/ Garlic/  
Beets  
- Green Tomatoes  
- Kale/ Pac Choi/  
Tatsoi/ Arugula  
- Hot Peppers

## PICK-YOUR-OWN

RED:  
Oregano, Mint

ORANGE:  
Lambsear, Celosia,  
Gomphrena,  
Cosmos,  
Strawflower,  
Salvia, Zinnias,  
Sedum,  
Nasturtiums

BROWN:  
Cosmos, Tithonia

PINK:  
Gomphrena,  
Cosmos,  
Snapdragon

YELLOW:  
Salvia, Sage,  
Calendula  
Gomphrena,  
Borage, Tithonia

GREEN:

- 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.

## TAKE ADVANTAGE OF THE FALL PYO

### How to Dry Sage (find in the **YELLOW PYO**):



It's full and ready to be picked in the PYO. Dry it! You'll be glad you did come stuffing time.

- Carefully wash each stem by swishing it in a bowl of cool water. Allow them to air dry on a cooling rack.
- Carefully weave twine through the sturdiest bottom stems and the main stems. Leave a good length of string.
- Hang herbs upside down in an area that is cool and dry but where you won't forget about them.
- Each day or so inspect the sage for signs of mold or pests- if there is any, remove all leaves in that area. If you are really worried about pests, you can wrap the herbs in cheese cloth.
- When the leaves are completely dry (could take a few days to 2 weeks), carefully remove the dried leaves from the stems and place in an airtight jar or plastic bag. Keep them in a dark, dry place.

### Sorrel, 2 Ways (find in the **ORANGE PYO**):

#### Sorrel sauce - serve with pork roast, mashed or boiled potatoes

2 pounds sorrel	salt
1 medium onion	1 tablespoon flour
1 tbsp honey, or sugar	Half a cup sour cream
1 tablespoon olive oil	



Wash sorrel thoroughly, and tear the leaves into smaller pieces. Heat oil in a pan and add the sliced onions, sauté. Add honey or sugar and then the sorrel in small doses as it wilts. Add the salt. Mix the sour cream and flour with a little water and add to the sorrel. Bring to boil and mix with an immersion

blender. Adjust to taste and make it to a sauce consistency.

## Farm Happenings:

### Fermentation Happy Hour! Wed. Oct 26 5-7pm

Join us for a casual evening of kimchi 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

## Sorrel and Jalapeno Salsa

3 cups sorrel leaves, washed	¼ cup warm water
2 tablespoons olive oil	1 jalapeño, seeds and pith removed
1 garlic clove	5 sprigs cilantro

½ teaspoon kosher salt

Place all ingredients into a food processor or blender and pulse until blended and bright green. Taste for seasonings; add more salt if needed and perhaps a little water to obtain the desired consistency. If the taste of

sorrel is too acidic for your liking, it can be tempered by adding about ½ cup of Greek yogurt to make a creamier version. Refrigerate in a glass jar.

## Recipes

### **Homemade Pickled Hot Wax Peppers**, Makes 1 jar *from simplyscratch.com*

Quick refrigerated pickled hot peppers. Crisp and delicious with a smidgen of heat! Great for sandwiches and pizza!

1 pound **Hungarian Wax Peppers**, washed and sliced {about 10-12 peppers}  
1 large clove fresh **Garlic**, smashed and peeled  
3 cups Distilled White Vinegar

2 cups Water  
2 tablespoons Kosher Salt  
1 tablespoon Sugar



In a medium pot add the vinegar, water, salt and sugar. Bring to a boil, stirring until the sugar and salt dissolve. Allow to cool.

Meanwhile add a clove of smashed and peeled garlic clove along with the pepper slices into a pint-size glass mason jar {or whichever sized jar you seem fits best}.

Ladle the cooled pickling liquids over top and secure the lid. Refrigerate for 18 to 24 hours before using.

### **Black Bean, Sweet Potato & Quinoa Stuffed Bell Peppers**, Serves 6 *from ambitiouskitchen.com*

1 teaspoon olive oil  
2 cloves **garlic**, minced  
1/2 large **yellow onion**, diced (about 1/2 cup)  
1/2 **jalapeno or Hungarian hot wax**, seeded and diced  
3/4 cup uncooked quinoa  
2 cups vegetable broth, divided  
1-15 oz can black beans, rinsed and drained  
1 medium **sweet potato**, peeled and finely diced  
2 Roma tomatoes, seeded and finely chopped

1 tablespoon chili powder  
1/2 teaspoon cumin  
1/2 teaspoon dried oregano  
1/2 cup chopped **cilantro**  
1 teaspoon red pepper flakes, if desired  
1/8 teaspoon pepper  
1/8 teaspoon salt, plus more to taste if desired  
3 large **bell peppers**, seeds removed and cut vertically  
3/4 cup reduced fat shredded colby jack cheese



Preheat oven to 400 degrees F.

In a sauté pan over medium-high heat olive oil. Add onions, jalapeno. and garlic and sauté until the onions begin to soften and turn translucent about 4-5 minutes. Place into large bowl and set aside.

To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 1/2 cups of vegetable broth to a boil. Add in quinoa and bring mixture to a boil again. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl.

While quinoa is cooking place a medium pot over high heat and fill with water, bring water to a boil and add in diced sweet potato. Reduce heat to medium, cover, and continue to cook for about 6 minutes or until sweet potatoes are fork tender. This might take more or less time depending on how small you cut your sweet potatoes. Once tender, drain water from sweet potatoes and place into bowl with quinoa and onion mixture. Gently stir in black beans, tomatoes, remaining 1/2 cup of vegetable broth, chili powder, cumin, oregano, cilantro, red pepper flakes, and salt and pepper.

Arrange bell peppers in large skillet or baking pan and stuff with a heaping 1/2 cup of quinoa mixture. Cover with foil and bake for 20-30 minutes until peppers are tender. Uncover and sprinkle each with 2 tablespoons of cheese. Place in oven for 5 minutes longer or until cheese melts. Remove and serve immediately with toppings such as sour cream, your favorite hot sauce or guacamole.