

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 5

Oct. 26 & 29

IN THE SHARE

- Sweet Potatoes/
Honeynut
Butternut Squash
- Sweet Peppers/
Onions/ Garlic/
Carrots/ Leeks
- Kale/ Pac Choi/
Tatsoi/
- 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:
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.

New Butternut Squash Variety:



Organic Non-GMP Honeynut Butternut Squash. These little cuties were recommended to us by a friend who received them in her CSA share in California. Here is how our seed catalogue describes them:

"Adorable serving-sized mini butternut with dark tan skin and great sweet flavor. Simply cut in half and bake!... Field

resistance to powdery mildew. Developed by the Vegetable Breeding Institute at Cornell University. Stores well."- High Mowing Seeds

Let us know what you think!

We need your LEAVES!

Our compost pile is in need of carbon! Bring us your raked leaves- lots of them! Drop them off at your CSA pick-up or e-mail csa@redwiggler.org to arrange a different time.

Thanksgiving Market November 16th 2-5pm

Pick up extra sweet potatoes, greens, herbs, squash and more for your Thanksgiving meal!

How to Clean and Prep Leeks! *Simplyrecipes.com*

Preparing leeks for soup

1 Cut off the roots of the leeks. Slice the leeks lengthwise.

Decide how much of the leek greens you want to use. They are tougher and can be stronger tasting, but soften with long cooking. The last couple of inches of the dark green ends should probably be discarded or saved for making stock. (I put mine in a plastic bag and drop it in the freezer.)

Make crosswise cuts along the parts of the leek that you intend to use.

2 Place the chopped leeks into a bowl and fill with cold water. (If the leeks are especially dirty, rinse them first in a colander, before covering with water.) Use your hands to agitate the leeks and dislodge any dirt or sand that may be clinging to them.

Scoop the leeks out of the water with a sieve or slotted spoon and place in a new bowl.

Cleaning and Prepping Whole Leeks

1 Place leek on a cutting board. Insert the tip of a sharp knife about a 1/4-inch below the lowest opening in the leek. Cut straight through, up to and through the green ends of the leek, leaving the pale part of the leek whole.

2 Fan open the leek and place under cold running water. Rinse out any dirt or sand. If the leek is

especially dirty, you may want to make another similar cut through the leek to further be able to fan the leek open.

3 Cut off the dark green tops of the leek, reserving on the body of the leek as much of the dark green as you want. We like the taste (it's basically just a big onion green), so we typically keep about 2 to 3 inches or so of the dark green part with the body of the leeks. Discard the dark greens or save them to flavor soups or stews, or use for making stock.

4 Cut off the root end of the leeks, staying as close to the roots as possible. Cutting close to the roots will hold the leeks together when cooking them whole.

Recipes

Better Not Squash Mac & Cheese, Serves 3 *from Easy Breakfasts & Lunches by Maya Sozer*

¼ cup raw cashews
1 ¾ cups cooked butternut squash
2 tbsp olive oil
1 ¾ cup almond milk
¼ cup nutritional yeast
1 tbsp freshly squeezed lemon juice
2 tsp sweet curry powder
1-2 ts[grated fresh ginger

1 tsp Dijon mustard
2 tsp garlic powder
2 tsp onion powder
¼ tsp ground nutmeg
1/8 tsp cayenne pepper
salt and freshly ground pepper
1 lb pasta



Put all ingredients, except the salt, black pepper, and pasta, in a food processor and mix until smooth. Add salt and black pepper to taste.

Cook the pasta according to the package instructions. Add the butternut squash sauce to the same pot after draining out the pasta water. Cook, stirring, over medium-high heat for 3-4 minutes or until the macaroni is uniformly dressed with the sauce and the sauce is hot.

Roasted Vegetables with Indian Spices, Serves 6

2 sweet potatoes, peeled and cut into large chunks
12 oz. carrots, trimmed and halved lengthwise
1 butternut squash, peeled, seeded and cut into long wedges
2 large onions, each one cut into 6 wedges
1 tbsp ground cumin
1 ½ tsp ground coriander
1 tbsp ground chile powder

1 tsp ground ginger
salt and pepper
6 tbsp sunflower oil
1 bunch cilantro,
leaves coarsely
chopped



Preheat the oven to 375 degrees. Put everything except the cilantro in a single layer in a large roasting pan and mix together with your hands. Roast for 45 minutes or until tender, turning the vegetables every so often. Sprinkle on the cilantro leaves before serving.