

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 5  
Oct 25 & Oct 28

## IN THE SHARE

- Napa Cabbage
- Sweet Potatoes/ Spaghetti Squash
- Kale/ Mustards/ Arugula/ Pac Choi/ Tatsoi/ Sweet Peppers/ Garlic/ Kohlrabi/ Hakurei Turnips/ Purple Daikon/ Kohlrabi
- Hot Peppers

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:  
Sage, Mint,

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.

## Farm Notes:

We've been busy harvesting all those beautiful greens lately and really enjoying the lovely weather and changing colors on the leaves.

We're excited this week to have leeks for you in your share!

As the days get crisper, the PYO is changing. This may be one of the last weeks of parsley but there is plenty of sage out there. There was damage to the cilantro and dill last week- likely by a small animal but we're hoping to get it back up to snuff by next weeks' pick-up.

The calendula (short bright orange flower) is looking lovely and makes a very sweet bouquet for the dining room table.

It's also fun to walk around and look at the different shapes and sizes of seed pods on the flowers and other plants around the farm. We have been collecting cosmos seeds to replant next year. You are welcome to take a little handful yourself!

## Make Your Own 15 Minute Hot Sauce!

20 fresh peppers of your choice (Fresno, Cayenne, Jalapeno are good ones)

1½ cups vinegar (I used white)  
½ tsp salt  
3 tsp minced fresh garlic

Put on gloves (kitchen-safe) and wash the peppers. Cut the tops off of your peppers and slice in half lengthwise.

Pour the vinegar into a sauce pan/pot, add peppers, salt and garlic. Bring to a boil and reduce heat to a low boil until peppers are soft (about 10 minutes).

Pour everything into your blender, including peppers and vinegar.

Blend it (seeds and all) until liquefied.



Add additional heat if desired. If you like it hot, add a Habanero (or half of one), re-blend and re-taste. Store in a bottle or jar in your fridge.

## It's leek season!

We all get pretty excited when leeks are available. Because they grow partially underground, they tend to be pretty dirty. Wash them well before cooking. If a recipe calls for sliced leeks, slice, put into a colander and rinse- this is the easiest way to wash them. Got a good potato leek soup recipe? Put it on the [CSA FB](#) page so we can all check it out!

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Spicy Pork and Mustard Green Soup [bonappetit.com](http://bonappetit.com), serves 4

½ pound ground pork  
2 cloves finely chopped **garlic**  
2 teaspoons finely grated peeled ginger  
1 teaspoon Sichuan peppercorns, crushed  
¾ teaspoon crushed red pepper flakes  
½ teaspoon cumin seeds, coarsely chopped  
1 tablespoon vegetable oil  
kosher salt and freshly ground black pepper

4 cups low-sodium chicken broth  
1 bunch **mustard greens**, torn (about 4 cups)  
OR **pac choi** OR **tatsoi**  
4 scallions, thinly sliced  
2 tablespoons reduced-sodium soy sauce  
1 teaspoon fish sauce  
8 oz wide rice noodles



Mix pork, garlic, ginger, Sichuan peppercorns, red pepper flakes, and cumin in a medium bowl. Heat oil in a large pot over medium heat. Add pork mixture; season with salt and pepper and cook, stirring and breaking up with a spoon, until browned and cooked through, 8–10 minutes.

Add broth and bring to a boil; reduce heat and simmer until flavors meld, 8–10 minutes. Add mustard greens, scallions, soy sauce, and fish sauce and cook, stirring occasionally, until greens are tender, 5–8 minutes; season with salt and black pepper.

Meanwhile, cook noodles according to package directions; drain. Divide noodles among bowls and ladle soup over.

## Kohlrabi with Bechamel Sauce [allrecipes.com](http://allrecipes.com), serves 8

4 **kohlrabi** bulbs, peeled and cubed  
½ teaspoon salt  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup milk

3 tablespoons cream  
1 teaspoon salt  
1 teaspoon ground nutmeg  
2 teaspoons white pepper  
½ bunch fresh **parsley** chopped



Place the kohlrabi and 1/2 teaspoon salt in a saucepan. Cover with water, and bring to a boil over medium-high heat. Cook until kohlrabi can be pierced with a fork, but remains firm, about 5 minutes. Drain, reserving 1 cup of cooking water. Place kohlrabi in a bowl, and cover.

Place the butter into the same saucepan, and melt over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk and reserved cooking water from the kohlrabi into the flour mixture, stirring until thick and smooth. Stir in the cream, 1 teaspoon salt, nutmeg, white pepper, and parsley until well blended. Continue whisking until sauce thickens, then cook 10 minutes more. Stir in the kohlrabi, tossing to coat evenly with sauce.