

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 6

Nov 1 & Nov 4

## IN THE SHARE

Napa Cabbage,  
Sweet Potatoes,  
Spaghetti Squash,  
Radishes, Tatsoi,  
Pac Choi, Kale,  
Collards,  
Mustards, Sweet  
Peppers, Garlic,  
kohlrabi, Hakurei  
Turnips, Carrots,  
Hot peppers

## PICK-YOUR- OWN

Blue flag indicates  
ready to pick.

### RED:

Sage, Mint,

### GREEN:

Cilantro

### 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.

## Notes:

Fall is finally here! We hope you had a spooky Halloween.

We had a fun visit to Butler's Orchard on Monday. We go every year to ride the hay wagon, pick out a pumpkin, see the animals and ride the slide. It's something fun to look forward to. Please often ask us why we don't do a pumpkin patch. There are two main reasons. Pumpkins take up a lot of room to grow and in the same amount of space, we could grow a higher volume of highly nutritious food, feeding more people in the end. We also like to support our farming neighbors and appreciate the service that Butler's and other farms offers!

Last Friday we dove headfirst into the radish beds and harvested hundreds of pounds of watermelon and purple daikon (new) radishes for our customers. It's a great job for a large, diverse group because the radishes are easy to harvest, there are many tasks (harvesting, hauling and sorting), they are hardy and the tasks are straightforward and are good for many skill levels. Check out the info below for how to store and enjoy them for many months to come!

## Storage Radishes

A few weeks ago, we featured a piece all about how to store your veggies. Here is a little extra encouragement to store the radishes carefully that you will be receiving over the next few weeks as they can add a fresh crunch and pop of flavor to your meals well into the winter.

## Varieties in your share over the next few weeks:

Purple Daikon- On the large side. Spicier. Beautiful sliced.

Watermelon- Duller outside. Sweeter inside. Beautiful sliced. Peel off bitter skin before eating.

Black Spanish- Will store the longest. Rough black exterior. Spiciest.



## We recommend the following storage techniques:

-Cut off greens (if attached), wash well, store in air tight zip lock bag with a dry paper towel. Be sure to squeeze out all the air in the bag before sealing. These will store well in the fridge for as much as 8 weeks.

-Make refrigerator pickles- incredibly easy. Will store in the fridge for months. Creates a more interesting flavor for those less interested in raw radish. Use as a side dish, garnish for sandwiches or burgers or add to stir fries. Also makes a nice addition to a salad. Use the recipe below or find your own online.

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Stir-Fried Asian Greens Recipe

1 tablespoon oil  
2 cloves garlic, roughly chopped  
1-2 tablespoons ginger, minced  
6 cups Asian greens (baby bok choy, pak choy or tatsoi. Mustards or collards would also work)

1 1/2 tablespoons oyster sauce (or soy sauce for vegetarian)  
1/4 cup vegetable stock  
1 tablespoon corn starch, dissolved in water



Over high heat add oil to a pan. Saute garlic and ginger for about a minute. Add greens and toss to coat evenly with oil, garlic and ginger. Stir in the oyster sauce and vegetable stock and cook for 2-3 minutes.

To thicken the sauce stir in corn starch mixture. Serve immediately over steamed rice or with preferred dish.

## Vietnamese Pickles with Carrot and Daikon Radish (Do Chua) [whiteonricecouple.com](http://whiteonricecouple.com)

YIELD: 1LB PICKLESTOTAL TIME: 30 MIN

Taste the brine before you finish the final pickles. If you like your pickles more sweet, add a few teaspoons of sugar. Personalizing these pickles to your taste will make them extra special. I've tasted Vietnamese pickles from friends, family, restaurants and they're all different. Some are sweeter, tangier or saltier. Make them the way you want!

1/2 lb. carrots- julienned or cut into thin match-like strips  
1/2 lb. daikon radish, cut same as carrots  
4 cups water, slightly warm enough to dissolve the salt and sugar  
3 tablespoons sugar

2 tablespoons salt  
1/3- 1/2 cup distilled white vinegar or rice vinegar, (start with 1/3 cup and taste the mixture. If you like it more tangy/vinegary, add few more tablespoons of vinegar)

In large pitcher or large bowl, mix water, vinegar, sugar and salt till everything is dissolved and combined well. Place carrots and daikon in a clean, sterile jar and fill vinegar till jar is full.

Cover jars and set in the refrigerator to pickle for about 3 days. I like my pickles to sit for at least 3 days so that the carrots and daikon become more flavorful and sour. Pickles can last for about 3 weeks in the fridge. *Serve on a Bahn Mi sandwich, over a salad, or add to summer rolls.*

## Super Simple Spaghetti Squash with Garlic and Butter [thesteamykitchen.com](http://thesteamykitchen.com)

1 small spaghetti squash about 3-4 pounds  
2 tablespoons butter  
2 cloves garlic finely minced

1/4 cup finely minced parsley or other fresh herb  
1/2 teaspoon salt or to taste  
1/4 cup shredded parmesan cheese

Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seems difficult to scrape, place squash halves cut side down, and bake for an additional 10 minutes.

To serve 4 people, you'll use about 4 cups of the spaghetti squash strands. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch - but if you like it softer, cover the pan and cook 2 more minutes.