

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 6

Nov. 2 & 5

IN THE SHARE

- Sweet Potatoes/
Butternut Squash
- Sweet Peppers/
Onions/ Garlic/
Carrots/ Leeks/
Turnips/ Radishes/
Beets
- Kale/ Mustards/
Arugula/ Pac
Choi/ Tatsoi

PICK-YOUR-OWN

RED:
Oregano, Mint

ORANGE:
Lambsear,
Cosmos, Salvia,
Sedum, Sorrel

BROWN:
Tithonia

PINK:
Cosmos

YELLOW:
Salvia, Sage,
Calendula
Gomphrena,
Tithonia

GREEN:
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.

Reminder: There is only 1 pick-up left this season! The final Wednesday pick-up will be November 9th. Info about 2017 registration will be on the website in early January.



Thanksgiving Market November 16th 2-5pm

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

End of Season Discount on Red Wiggler Swag!

As a special thank-you from us, take 20% off of sweatshirts, t-shirts, hats and posters this week and next. You can be just as stylish as Tyler and Molly in this photo.

Why so little winter squash?

We know that some folks are disappointed with the amount of winter squash, especially full size butternuts, in the share this fall. We are too! There are a few contributing factors to the lack of squash but mostly it was a simple planting mistake.

Each year we like to experiment with a new variety of squash. We generally plant a very small amount of the experimental squash and plenty of the old favorites- like butternut. Well, this year, things got a little mixed up. Instead of planting 1 row of the honeynut butternuts and 3 rows of full size butternuts, we planted 3 rows of the honeynut and 1 row of the full size.

Upside: It's been a great eggplant and beet year! You might remember that both did poorly last year. It's also been a great year for carrots and greens. Such is the unpredictability of farming! And hopefully you have been enjoying the little honeynut butternuts.

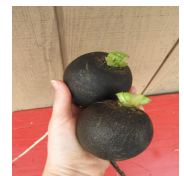
Winter Storage Radishes:

This week's share includes both watermelon radishes and black Spanish radishes. Both have distinct flavors and will last for a good long while in the crisper of your

refrigerator. Here is a little more about them:

Watermelon radishes get their name from their watermelon like profile when cut open. They have a sweeter taste and are crispy and juicy, much less spicy than other radishes. Slice, peel off rind, and eat raw or on a salad.

Black Spanish radishes have a much more pungent smell and taste and are quite spicy. Great for roasting, tossing with a vinaigrette or paired with cream cheese or a creamy dip.



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.

Recipes

Black Radish, Carrot, and Fennel Salad with Pecorino Cheese

from Joyce Goldstein's *The Mediterranean Kitchen* (this is for a single portion. can be multiplied.)

1 small handful **arugula** (about 3/4 cup loosely packed)
1/4 cup Citrus Vinaigrette (recipe follows)
3 large paper-thin slices **black radish**

6 thin diagonal slices **carrot** (about 2 inches long), blanched
6 thin slices fennel
6 to 8 long thin curls pecorino or Parmesan cheese

Citrus Vinaigrette:

1 1/4 cups mild olive oil
6 to 8 tablespoons fresh lemon juice

1 tablespoon grated lemon zest
Salt and freshly ground pepper to taste

Toss the arugula with enough of the vinaigrette to coat and place on a salad plate. Arrange the radish slices on top, then the carrot and fennel. Drizzle with the remaining vinaigrette and top with the curls of cheese. To make Citrus Vinaigrette, whisk all ingredients together. Makes about 1 1/2 cups, enough for 4 to 6 salads.

Sriracha Glazed Roasted Root Vegetables

Earlymorningfarm.com

4 cups mixed root vegetables, peeled and chopped (use whatever you like including:
2 tablespoons tamari soy sauce (GF if necessary)
2 tablespoons sriracha
1 tablespoons extra-virgin olive oil

potatoes, sweet potatoes, turnips, beets, carrots, and radishes)
1 tablespoon apple cider vinegar
1/2 tablespoon Dijon mustard
1/2 tablespoon maple syrup

Preheat oven to 425°F. Whisk together glaze ingredients. Toss root vegetables and glazed together in a large bowl, then transfer to a baking sheet (lined with parchment will make easier clean-up). Bake for 30 – 40 minutes stirring vegetables halfway through cooking. Serve with your favorite protein or topped with a fried egg.



Greens with Ginger and Sesame Seeds, 6 servings

Earlymorningfarm.com

2 to 3 bunches of greens: **collards**, chard, **kale**, **pak choy**, **mustard greens**, **beet greens**, etc. – wash, discard thick stems, chop leaves coarsely
2 tablespoons cooking oil
2 large cloves of garlic, minced

pinch crushed red pepper
1 tablespoon fresh minced ginger
salt
2 tablespoons toasted sesame seeds

Heat a large pot and dump in greens and toss until they are just wilted. Remove greens from pot and set aside. Add remaining ingredients to pot and stir until garlic is just beginning to brown – about 30 seconds. Remove from heat, stir in greens and serve.

*To make this a little heartier, try adding the garlic in the beginning along with carrots, turnip slices and sweet peppers before adding the greens. You may need to add more ginger and seasoning if you do this.