

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 7

Nov 8 & 11

## IN THE SHARE

- Sweet Potatoes/  
Spaghetti Squash  
- Kale/ Chard/ Pac  
Choi/ Tatsoi/  
Sweet Peppers/  
Garlic/ Kohlrabi/  
Hakurei Turnips/  
Purple Daikon/  
Beets/ Carrots/  
Leeks/ Pea Shoots  
- 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.

## ***Thanksgiving Market, Saturday, Nov. 18<sup>th</sup> 12-3pm***

*Purchase food for your Thanksgiving table and to last through the winter.*

*Great time to bring friends to the farm!*

## Farm Notes:

With this blast of cold weather this week, we're trying to balance outdoor harvests with indoor projects.

Yesterday we harvested greens in the field for the first part of the day followed by separating our own seed garlic (read more on that below) inside. Today, we will be harvesting carrots outside followed by harvesting pea shoots inside. Those lovely pea shoots from the spring will be in your share either this week, next week or both.

The peas are planted in trays inside and transferred into the greenhouse after they have germinated. From then, it takes 2-3 weeks for them to get 5 inches tall or so, at which time they are harvested. What do you do with them? Anything! They have a great, nutty, snap pea type taste and are great raw on a salad or a sandwich or served on top of a stir fry, soup or fried egg. Bonus: shoots of all kinds are particularly high in nutrients.

## Garlic Planting:

Garlic planting is a fun process that everyone can be involved in. The garlic cloves are soaked in a soap solution, followed by alcohol to kill any mites. They are then planted in the field about 6 inches from each other in several rows. The cloves clone themselves to form a bulb of garlic. Then they are covered with compost and mulch and left to grow until July when we will harvest them.

Generally, we purchase the seed garlic cloves. This year, we are also planting some of our own, which will happen sometime next week. If you want to plant garlic in your own garden at home, use the bulbs in the share that feel solid, with larger cloves. Stick them in the soil with the root portion down and the point that will sprout up. Cover

with soil and straw. Watch them grow big and tall in the spring!



## New this weeks: Purple Sweet Potatoes!

Purple sweet potatoes are beautiful, healthy, store well and taste great. Purple and red foods have important nutrients that help your brain function- so they have that going for them. They taste very similar to their orange counterparts but have a slight wine flavor, are a little denser and a little drier. Cook them for a little longer than orange ones and be prepared to add little extra butter or oil. Sometimes it's nice to mix things up- see how you like them!



# Recipes

**Veg- Vegetarian DF- Dairy Free GF- Gluten Free**

## Ginger, Carrot, and Daikon Radish Salad from Early Morning Farm

2 large purple daikon radishes  
2 carrots  
1 tablespoon neutral oil like organic canola  
2 tablespoons rice vinegar

1/2 teaspoon (or more or less) sriracha or chili sauce  
1 clove garlic, grated  
1 tablespoon grated fresh ginger  
toasted sesame seeds for garnish (optional)

Recommended Equipment:  
microplane, julienne peeler

Prep the vegetables. Use a julienne peeler or box grater to shred the daikon and carrots into 4 cups total. (you may have some daikon leftover) Mix the ginger, garlic, and grated vegetables in a medium size mixing bowl. Whisk together oil, vinegar, and chili sauce then toss salad together. Garnish with toasted sesame seeds.



## Braised Tatsoi from Early Morning farm



1 bundle of tatsoi,  
bottoms removed (but  
keep stems attached)  
and leaves rinsed

1 cup vegetable stock or water  
Optional Pinch of: crushed red pepper, sea salt,  
black pepper  
2 cloves garlic, minced  
1 tablespoon olive oil

In a large sauté pan, bring the water or stock, garlic, oil, and spices to a boil over high heat. Add the leaves in bunches, covering to wilt them and make room for the next bunch. Cook for 2 – 4 minutes covered on high heat. Greens are done when soft, but still bright green.

## Bell Pepper and Kale Stir-Fry Foodandwine.com, Serves 4

2 tablespoons extra-virgin olive oil  
1/2 medium onion, sliced  
2 cloves garlic, minced or crushed  
2 medium red, yellow or orange bell peppers,  
seeded and thinly sliced

1 bunch kale, destemmed and chopped  
2 teaspoons Worcestershire sauce  
1 teaspoon balsamic vinegar  
1/2 teaspoon smoked paprika  
Kosher or sea salt, to taste  
Fresh cracked black pepper, to taste



Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft. Add the garlic and bell peppers; stirring occasionally, cook for 3 to 5 minutes, or until the peppers are softened. Add the kale and stir in the Worcestershire sauce, balsamic vinegar and smoked paprika. Cook for 2 to 3 minutes or until the kale is softened. Season with salt and pepper.