

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2016 Week 7
Nov. 9 & 12

IN THE SHARE

- Sweet Potatoes
- Beets/ Hakerei
Turnips (w/
useable greens!)/
Scarlet Queen
Turnips/Leeks/
Carrots/
Watermelon
Radish/ Black
Spanish Radish
- Kale/ Collards/
Mustards/
Arugula/ Pac Choi
- Microgreens

PICK-YOUR- OWN

RED:
Oregano, Mint

ORANGE:
Lambear,
Cosmos, Salvia,
Sedum, Sorrel

BROWN:
Tithonia

PINK:
Cosmos

YELLOW:
Salvia, Sage,
Calendula
Gomphrena,
Tithonia

-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.

This is the final pick-up of the 2016 CSA. Thank you all for a great season and we hope to see you back next year! Look for a survey coming soon- this helps us plan for the coming year.

Thanksgiving Markets: We have not one, but two Thanksgiving Markets this year! **Wednesday, November 16th 2-5pm & Saturday, November 19th, 10am-12pm.** We will have kale, collards, chard, sweet potatoes, garlic and more! We will also have apparel and posters for sale. This is a great time to invite your friends to shop! Cash or check preferred.

Signing-up for the 2017 CSA: Registration for next year's CSA will open in January. Specific dates for registration and the season will be posted on our website by December. Returning members get first priority. The CSA will then open up to new members.

Winter Composting: Just because the season is over, doesn't mean you need to stop composting! For now, you can keep dropping it off and exchanging as usual between 8am and 4pm Monday-Friday. Once we get deep snow and/or icy conditions on our driveway we may have to put the compost on hold or do the exchange at our main building. We will post any updates to the CSA Facebook Group as well as to redwiggler.org/CSA/compost-guidelines/.

We still want 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.

What will we be doing all winter? There is certainly a shift on the farm this time of year. While the weather is still decent, we will keep harvesting greens and other hearty vegetables to send to That's A Wrap, Group Homes and Manna Food Center.

Much of the winter will be spent growing microgreens in the greenhouse with Growers, youth vocational groups, and school groups. This will be in high gear after the new year, but as you can see from your share this week, we have already begun to grow some. It's important for us to be able to provide employment as long as we can over the winter as well as continue to provide healthy food for our community partners. Growing microgreens is also a great way to teach about plant life cycles and job skills to the youth who visit our farm. Field trip slots are still available- contact molly@redwiggler.org to learn more!

Winter on the farm also gives us a chance to plan, organize, clean, brainstorm and learn together. We have many meetings planned to review our goals for the coming year, we will do deep cleanings of all of our spaces, dive into planning the fields for the next year, go on a few educational field trips all together

and attend (and maybe present at!) a few regional farming conferences. Keep your eye on our Facebook, twitter, and blog to see what we're up to!

Recipes

Pureed Carrot Soup, by *Martha Rose Shulman, NYTimes.com*

1 tablespoon unsalted butter
1 tablespoon extra virgin olive oil
1 large **onion**, chopped
2 pounds sweet **carrots**, peeled and thinly sliced
Salt to taste
¼ teaspoon sugar

2 quarts water, chicken stock, or vegetable stock
6 tablespoons rice, preferably Arborio
Freshly ground pepper to taste
2 tablespoons chopped fresh herbs, such as chervil, **mint**, **chives**, or parsley, for garnish
1 cup toasted croutons for garnish (optional)

Heat the butter and olive oil in a large, heavy soup pot over medium-low heat and add the onion. Cook, stirring, until tender, about 5 minutes. Add the carrots and 1/2 teaspoon salt, cover partially and cook for another 10 minutes, stirring often, until the vegetables are tender and fragrant. Add the rice, water or stock, salt (about 1 1/2 teaspoons), and sugar. Bring to a boil, reduce the heat, cover and simmer 30 minutes, or until the carrots are tender and the soup is fragrant.

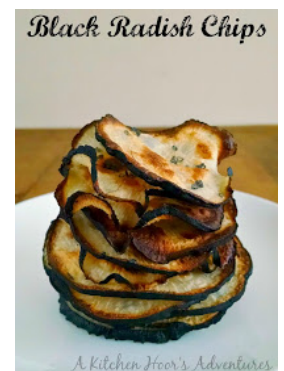


Blend the soup either with a hand blender, in batches in a blender (cover the top with a towel and hold it down to avoid hot splashes), or through a food mill fitted with the fine blade. The rice should no longer be recognizable (it thickens the soup). Return to the pot. Stir and taste. Adjust salt, add a generous amount of freshly ground pepper, and heat through. If the sweetness of the carrots needs a boost, add another pinch of sugar. Serve, garnishing each bowl with croutons and a sprinkle of herbs.

Black Spanish Radish Chips

2 pounds **black radishes**
2 tablespoons extra virgin olive oil
salt and pepper to taste
Optional: Add a little of your favorite seasoning- red pepper flakes, paprika, sriracha, old bay (!!)

Preheat oven to 400. Using a mandolin, slice the radishes 1/4 to 1/8 inch thick. Place in a large mixing bowl and toss with the oil, salt and pepper. Arrange the radishes on a single layer on a baking sheet covered with aluminum foil coated with cooking spray. Bake at 400 10 to 15 minutes, turn once, until lightly browned and slightly crisp. Remove to a wire rack to cool completely. Serve with your favorite dip.



Check out our blog for a recipe for **Sweet Potato and Bean Burritos**- it's a favorite around here and a great comfort food: redwiggler.org/farm-notes/.