

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2017 Week 8
Nov 15 & 18

IN THE SHARE

- Cabbage/Sweet Potatoes/ Spaghetti Squash
- Kale/ Pac Choi/ Sweet Peppers/ Garlic/ Kohlrabi/ Hakurei Turnips/ Purple Daikon/ Beets/ Carrots/ Leeks
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

Yellow: Sage & Winter Savorv

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>

This is your last pick-up for 2017. Thanks for being part of a great season and we look forward to seeing you next year!

This weekend: Thanksgiving Market, Saturday, Nov. 18th 12-3pm
Purchase food for your Thanksgiving table and to last through the winter. Great time to bring friends to the farm!

Brief Farm Notes: The hard freeze over the weekend did damage many plants on the farm including greens, some storage radishes and whatever flowers and herbs remained in the PYO (except sage!). You will see far less greens in your share this week and at the market this weekend.

End of Season FAQ:

How/When do I sign-up for the 2018 CSA?

Registration will open to returning members (you!) in mid-January. You will have a few weeks to register before we open remaining slots to the general public. You will receive an e-mail in early January with details about exact dates. Those dates will also be on the website. Slots fill quickly so be sure not to delay!

Can I still drop of compost during the winter?

Yes! You can drop off your compost M-F 9am-4pm through the winter. If we have snow, we will move the drop-off place to the covered porch next to the greenhouse. If the gate is closed, that may mean that the road is not suitable to drive on. Please don't chance it!

What will I eat all winter??

Stored properly, your garlic, sweet potatoes, squash and radishes will keep for sometime. For additional items, look online for a winter farmer's market in your area. You can even find local & organic produce in your grocery store! At times, we may have microgreens and other things to sell over the winter and will let you know over e-mail and Facebook.

What will the Red Wiggler staff and Growers be up to all winter?

We'll be here! We use December to evaluate and plan before our winter programming returns January-March. The greenhouse will be full of greens and we plan to get outside as much as weather allows.

Making that farm garlic last:



The flavor of farm garlic absolutely cannot be beat and it may be that you have accumulated quite a bit over the last several weeks. They will keep just fine on your counter or in your pantry just fine for a while as long as they are out of the sun. But they will eventually dry up and be no good- and you may not be able to tell it's happening until it's too late. To make sure it lasts, either peel the cloves and store with olive oil in the fridge or roast and freeze it:

To roast garlic take a whole bulb, cut off the root end so the cloves are exposed. Put the bulb in the

middle of a square of tin foil, pour a few tablespoons of olive oil over it, wrap it up in the tin foil and roast in the oven at 400 degrees for 30-35 minutes. Let it cool, squeeze the cloves into a zip lock bag and freeze!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Thanksgiving Cabbage Slaw thekitchn.com, serves 8 **Veg, DF, GF**

For the dressing:

1/3 cup vegetable oil
1/4 cup apple cider vinegar
2 tablespoons maple syrup

4 teaspoons Dijon mustard
1/2 teaspoon kosher salt
1/2 medium red onion, finely chopped

For the salad:

1 small head **green cabbage** (about 2 1/2 pounds, or about 10 cups shredded cabbage)
3/4 cup sliced almonds, toasted
3/4 cup dried cranberries

3/4 cup fresh Italian **parsley** leaves, coarsely chopped
Kosher salt
Freshly ground black pepper

Make the dressing: Whisk the vinegar, oil, maple syrup, Dijon, and salt together in a large bowl. Add the red onion and stir to combine. Let sit at least 10 minutes for the flavors to meld. Meanwhile, prepare the cabbage.

Make the salad: Cut the cabbage into eight wedges through the core, then cut the core from each piece. Thinly slice the cabbage wedges crosswise to shred.

Add the shredded cabbage, almonds, cranberries, and parsley to the dressing and toss to combine. Taste and season with salt and pepper as needed.



Black Bean Sweet Potato Burritos Mooseoodcooks.com, Serves 6, **DF, Veg.**

6 cups peeled and cubed **sweet potatoes** (about 2 1/2 pounds)
2 cups chopped onions
3 garlic cloves, minced or pressed
1 fresh **hot pepper**, minced (for a milder "hot", seeded first)
1 teaspoon salt
2 tablespoons vegetable or olive oil

1 tablespoon ground cumin seeds
1 tablespoon ground coriander seeds
2 15-ounce cans of black beans, drained (3 cups)
1 tablespoon lemon juice
1/2 cup chopped **cilantro**
salt to taste
6 10-inch flour tortillas

In a covered saucepan, bring the sweet potatoes to a boil in salted water to cover.

Simmer until tender, about 15 minutes. Drain and mash. Set aside.

While the sweet potatoes are cooking, in a covered saucepan on low heat, cook the onions, garlic, hot peppers, and salt in the oil until the onions are soft, about 10 minutes.

When the onions have softened, stir in the cumin and coriander and cook for another minute or two.

Preheat the oven to 350°. Oil a large baking pan or sheet.

Combine the mashed sweet potatoes, the onion-spice mixture, and the black beans.

Stir in the lemon juice and cilantro; add salt to taste.

Place about a 1 cup of filling on the bottom half of each tortilla and roll up.

Lightly brush the tops of the burritos with oil and cover with foil.

The sides can be left open, or the sides can be folded over as you roll to form a tidy package.

Arrange seam side down in the baking pan

Bake for 25 to 30 minutes, until hot.

Try these Variations: Add a diced **bell pepper** to the onions as they cook. Replace the fresh hot pepper with 1/4 teaspoon cayenne or 1/2 teaspoon red pepper flakes. For a smoky flavor, use a minced canned chipotle pepper with a spoonful of adobo sauce. Stir a cup of corn kernels into the filling. Use corn tortillas instead of flour for a gluten-free alternative. Top with cheese, sour cream, salsa or guacamole if you wish!