

Summer 10
September 18 & 21, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Mizuna
Mustard Greens
Pac Choi
Garlic
Winter Squash
Sweet Peppers/Zucchini/
Eggplant
Melons

In the PYO:

Dill
Cilantro
Oregano
Thyme
Catnip
Mint
Cosmos
Zinnias
Sunflowers

From the Fields

What a week! We have enjoyed the change in weather this week and so have all the cool weather fall veggies. We have finished harvesting the winter squash and have moved onto sweet potatoes. You may notice that the squash in your share for the next couple of weeks are "seconds." These are still quite edible and delicious, just need a little extra attention before you enjoy them. Cut out the bad spots and use them quickly as they won't store as long as winter squash without any blemishes.

As for the sweet potatoes, they are curing in the root cellar to ensure optimal taste! Sweet potatoes don't come out of the ground sweet, but instead need to be cured to heal any cuts and allow for sugars to form. We promise it will be worth the wait!

Next week is the last week of our Summer Session. We only have 3 openings for the Fall Session. Please contact Kara (csa@redwiggler.org) if you'd like to sign up!

Stir-Fried Pac Choi and Mizuna with Tofu

From Bon Appetit - Makes 4 servings - Time: 30 minutes

3 1/2 tablespoons soy sauce, divided	1 tablespoon finely chopped peeled fresh ginger
4 teaspoons Asian sesame oil, divided	2 garlic cloves, finely chopped
3 1/2 teaspoons unseasoned rice vinegar, divided	4 baby Pac Choi, leaves separated
1 14- to 16-ounce container extra-firm tofu, drained	1 bunch mizuna
2 tablespoons peanut oil	
4 green onions, chopped	

Whisk 2 tablespoons soy sauce, 2 teaspoons sesame oil, and 1/2 teaspoon vinegar in bowl.

Stack 2 paper towels on work surface. Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Arrange tofu on paper towels and let stand 10 minutes. Pat top of tofu dry.

Heat peanut oil in large nonstick skillet over medium-high heat. Add tofu and cook, without moving, until golden brown on bottom, 2 to 3 minutes per side. Transfer tofu to paper towel to drain, then place tofu on sheet of foil and brush both sides with soy sauce mixture.

Wipe out any peanut oil from skillet. Add 2 teaspoons sesame oil and place skillet over medium heat. Add green onions, ginger, and garlic. Stir until fragrant, about 30 seconds. Add remaining 1 1/2 tablespoons soy sauce and 3 teaspoons vinegar, then pac choi. Toss until pac choi wilts, 1 to 2 minutes. Add mizuna in 2 batches, tossing to wilt before adding more, 1 to 2 minutes per batch. Season greens with salt and pepper. Add tofu to skillet. Toss gently to blend. Transfer to platter.