

Summer 11
September 25 & 28, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Sweet Potatoes
Kale
Tatsoi/ Pac Choi
Hakurei Turnips
Eggplant/ Sweet Peppers
Garlic/Onions
Radishes/ Beets

In the PYO:

Dill
Cilantro
Oregano
Thyme
Catnip
Mint
Cosmos
Zinnias
Sunflowers

Thanks for joining us for the Summer Share!

This is the last week of the Summer CSA season. There is no pickup next week (October 2&5) and Fall shares begin the following week. We do so appreciate your support and have enjoyed sharing the summer with you here at Red Wiggler. Hope we'll see you back, either October 9 or 12 for the first pick up of your Fall Share, or again in 2014!

If you have amassed a collection (or even just gathered one or two) pint or quart containers at your house, we would love to have them back. We reuse whenever we can, and we will take whatever you want to share. Thanks so much!

From the Fields

Hard to believe, but the final week of the Summer CSA share is upon us! The fall crops are coming on strong now, and enjoying the sunny days and cool nights. All the sweet potato greens have been harvested, and the last of the sweet potato roots are coming out of the ground this week. As the first of the harvest has cured, you will see Sweet Potatoes in your share this week!

Sweet Potatoes are full of beta-carotene, which is more easily absorbed by the body when a small amount of fat is present. Oven baked Rosemary Sweet Potato Fries cover all your bases, and this basic recipe can be adapted- replace rosemary with a sprinkle of crushed red pepper flakes, or make them plain and serve with delicious dipping sauces such as garlic aioli.

The Hakurei turnips are a fresh face in the share this week as well. You may remember these bright white beauties. Crisp, sweet and slightly fruity or peppery notes define the raw hakureis, and they do just as well roasted, steamed or sautéed. The greens are a bonus- chop them up and add them to your turnip dish, or save and cook with other greens- like your kale.

Roasted Sweet Potatoes and Garlic with Rosemary

- 1 1/2 pounds sweet potatoes (4 medium), peeled and cut into 1/2-inch thick slices
 - 6 garlic cloves
 - 2 tablespoons olive oil
 - 1 tablespoon unsalted butter
 - 2 teaspoons minced fresh rosemary, or 1 teaspoon dried, crumbled
 - Salt and freshly ground black pepper
1. Preheat oven to 425 degrees.
 2. Arrange the sweet potatoes and garlic in a shallow flameproof baking dish large enough to hold them in a single layer.
 3. Melt oil and butter together in a small pan, then add to sweet potatoes. Also add rosemary, salt and pepper to sweet potatoes, and toss to coat.
 4. Roast sweet potatoes on the lowest rack of the oven, turning them occasionally, for 30 to 35 minutes, or until golden brown. Transfer to a serving bowl and serve at once.

Roasted Hakurei Turnips with Israeli Couscous Salad

(makes 3-4 servings) from Cathy Erway

- 1 bunch hakurei turnips with fresh-looking greens
 - 1 cup Israeli couscous
 - 1 garlic clove, minced
 - pinch of optional red chili flakes
 - 1/4 cup chopped red onion
 - juice from half a lemon
 - 4-5 tablespoons extra-virgin olive oil
 - salt and pepper to taste
1. Preheat oven to 425 degrees. Trim radishes from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens.
 2. Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool.
 3. Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain.
 4. Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Sauté until just wilted, 1-2 minutes. Transfer to a bowl and let cool.
 5. Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted radishes on top.