

Summer 11
September 24 & 27, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Arugula
Tatsoi
Mustards/Kale/Collards
Hakurei Turnips
Cherry Tomatoes/
Red Tomatoes
Sweet
Peppers/Eggplant
Winter Squash

In the PYO:

Tomatillos(L)
Sunflowers(U)
Nasturtiums (L)
Mint (L)
Lovage (L)
Statice (L)
Long Red Beans (A,C
on trellises)
Sage (C)
Salvia (C)
Winter Savory (C)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Basil (U)
Parsley (U)
Sorrel (U)
Snapdragons (L,U)
Zinnias (U,L)
Cilantro (T)
Dill (T)

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A
B – Wedge B
C – Wedge C
T- Triangle outside
fence

Last Summer Week: This week is the last week of the summer share. We hope you have enjoyed the summer bounty! Thanks for partnering with us in supporting local food and farmers!

Next week begins the fall share, on Oct 1 (Wed) and Oct 4 (Sat). If you have signed up, please check the Fall list to make sure we have your info. We have 4 more shares, so now is the time to sign up if you haven't: <https://redwiggler.org/csa/>

In Your Share this week

Tatsoi is crisp, sweet and mild flavored. All of Tatsoi is edible - leaves and stems! The young leaves can be eaten raw in salad or are quick to wilt by steaming, sautéing or stir frying. Serve with soy sauce and ginger. **Hakurei turnips** are back with their sweet, fruity flavor and crisp, tender texture when eaten raw.

In the PYO...

Check out the sage in Wedge C, and try Matt's recipe for Sage Pasta in the Recipe section.

****Winter Squash Note:** We found that some of the "seconds" winter squash are bad inside. If you got a bad winter squash last week, please pick up another one this week.

Need Any Extra Veggies? CSA members are welcome to buy additional vegetables over and above what comes in your share.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.

On the farm.....

Our week revolved around sweet potatoes and greens. The kale, collards, tatsoi, pac choi, mizuna, arugula, mustards and chard are growing so beautifully and are being thinned and harvested every week. And the 1/2-acre planted with sweet potato slips last spring has yielded over 1 ton of potatoes and 1600 lbs of vines (so far). Sweet potato harvesting is quite a process: First, the vines of the plants are pulled out and bagged for delivery to the ARC and CSS. Sweet potato greens are a favored food for people from Asia and Africa. Next, the black plastic mulch has to be removed from the rows. It can feel like miles of plastic as the weeds resist our tugging. Every now and then a little garter snake is exposed and causes a little excitement. Third, the drip tape which irrigated the beds all summer is collected for re-use next year. Finally, Matt gets the Yanmar tractor, fitted with the potato plow, and with a little toot-toot on its horn, exposes the buried treasure of orange spuds. Growers and volunteers swarm the field to collect the potatoes. You might think that is all there is to the story and that the sweet potatoes would be ready for your share. But it takes another week of storage in the heated (85-90 degrees) and steamy (80% humidity) root cellar to "cure" the potatoes. This seals the wounds and develops the sugars so that the sweet potatoes will be as tasty as they can be. So, bottom line, look for sweet potatoes in NEXT Week's share!

Recipe ...

Butter and Sage Sauce over Pasta (foodnetwork)

Pasta, of choice

4 tablespoons butter

8 sage leaves

1/2 lemon, juiced

1/4 cup grated Parmigiano-Reggiano

While your pasta cooks, melt butter in a 12 to 14-inch saute pan and continue cooking until golden brown color ("noisette") appears in the thinnest liquid of the butter. Add sage leaves and remove from heat. Add lemon juice and set aside. Drain the pasta, but leaving some cooking water, and gently pour into saute pan and return to heat. Add the cheese, toss to coat and serve immediately.

Spiced Eggplant (4-6 servings)

This is a great side dish to serve with grilled chicken, pork, and hamburgers, as a filling for omelets, or an appetizer with triangles of pita bread or slices of baguette.

2 medium eggplants (or more of smaller varieties)

1 small onion, minced

2 garlic cloves, minced

1 small ripe tomato, peeled, seeded and chopped

3 Tbsp fresh basil, chopped

1/4 cup parsley, chopped

1/4 tsp ground turmeric

1 tsp fresh thyme, minced, or 1/4 tsp dried

1/4 tsp allspice

1 tsp cumin

2 Tbsp olive oil

1 Tbsp soy sauce

2 Tbsp red wine vinegar

salt and freshly ground black pepper, to taste

lemon wedges, for serving (optional)

Roast the eggplants on a baking sheet at 400 degrees until they are tender, turning them once during the cooking time. Cool the eggplants completely; peel and chop the flesh. In a large mixing bowl, combine the chopped eggplant with all the other ingredients, except the lemon. Refrigerate for at least one hour. Serve at room temperature, with lemon wedges, if desired.

Variation: 1/3 cup walnuts, chopped and lightly toasted, may be added just before serving.