

Red Wiggler's CSA Newsletter

In your share:

Onions/Garlic
Cherry Tomatoes
Red Tomatoes/
Heirloom Tomatoes
Sweet Peppers
Mizuna
Mustard Greens
Arugula
Spaghetti 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)
Yarrow (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)
Wildflowers (W)
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

****Help Wanted: Thursday, September 11 between 9 a.m. and noon:** We are looking for volunteers to help us cut sweet potato greens to be delivered to the group homes. We need to cut the greens before we can dig the sweet potatoes. We are also looking for volunteers who can help in the fields **this fall**, especially on **Tuesdays, Wednesdays and Fridays**. We'll be bunching greens and need extra hands with the work. Afterward, you are welcome to bring your lunch and enjoy the fall breezes under the trees with us. Please e-mail Katie at katie@redwiggler.org, if you can help.

In Your Share this week

The greens are back: Mizuna with its mild flavor and deeply cut, fringed leaves; spicy Mustard Greens; and peppery Arugula. The plants have been growing under row covers and have only been uncovered to be thinned, weeded, and now harvested. What a great sight to see what has been growing in secret, ready to grace our tables!

The timing of the spaghetti squash couldn't be better, overlapping with our last spurt of tomatoes. Fresh tomato sauce over the "spaghetti" will make a great meal this week. Make sure to cut some parsley and basil in the PYO to add to your sauce just before serving.

In PYO: Take a special look at the Cilantro and Basil this week. They are making a come back! Also, the zinnias in the lower PYO are ripe for picking!

Fall Shares: Fall is fast approaching and we have a few shares left for the fall. The fall season starts the first week of Oct and runs for 7 weeks. If you have any friends interested, now is the time to sign up:
<https://redwiggler.org/csa/>

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

Note: We are facing a shortage of green pint and quart containers. If you have any at home, please bring them for us to use again. Thank you!

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.....

It seemed like last week was going to be all about getting ready for the Harvest Celebration – cleaning the barn, weeding the Zinnias, washing the tables and chairs, and harvesting vegetables for the food trucks to use in their menus. It was as hot and humid as it could possibly be.

But the first weekend after Labor Day is more than the Harvest Celebration at Red Wiggler. It is also the weekend of the Damascus Fair! Growers and staff and volunteers have been entering prize-winning vegetables for years. So all week everyone was keeping their eyes out for the most beautiful or largest or oddly-shaped vegetable in the category they'd chosen to enter. Thursday afternoon was the day to settle on the entries. A lot of deliberation went into each choice – Andrea had to remind us that a lot of the judging is based on uniformity, not just one perfect veggie. There had to be 5 beautiful and uniform beets, peppers, carrots, potatoes, etc.

Friday we hustled to get in the tomato and squash harvest, then off to the fair. Victory! Lots of blue and red and white ribbons on our entries! We ate lunch, and then took time to view the other entries, the tractors and the animals, including the fainting goats!

Recipe ...

Spaghetti Squash with Fresh Tomato Sauce, sprinkled with fresh arugula is Andrea's favorite way to enjoy it. Here is another way to try it:

Roasted Spaghetti Squash and Greens

- 1 Spaghetti Squash
- Olive Oil
- Salt And Pepper
- 2 bunches greens (kale, collards, mustard), stalks removed and chopped
- 1 Onion, diced
- 2 garlic cloves, minced
- 1 hot pepper, minced
- 1 teaspoon Balsamic Vinegar
- Grated Parmesan cheese (optional)

Preheat the oven to 350 degrees.

Cut the spaghetti squash in half lengthwise. Scoop out the seeds and pulp in the center and discard. Place the squash, cut side up, on a large baking sheet. Rub a little olive oil over the cut surface, then place the pan in the oven for 1 hour or until a fork is easily inserted into the squash. While the squash is cooking, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the onion and garlic to the pan and cook for 3 to 4 minutes. Add the hot pepper and cook 5 more minutes cook until the garlic and onions are golden. Add in the greens, sprinkle in some salt and pepper, and cook until the greens are tender. Cover and set aside.

When the squash is cooked, use a fork to scrape the stringy squash out of the shell. Add the squash to a bowl. Mix together 1 tablespoon olive oil with the balsamic vinegar. Drizzle it over the squash, sprinkle with salt and pepper. Either add the greens and combine gently OR serve greens as a topping for the "spaghetti noodles". Sprinkle with Parmesan cheese, if desired.