

Summer 10
Sept. 16 & 19, 2015

The Worm's Voice

In your share:

Cucumbers/Sweet
Peppers /Zucchini
/eggplant
Cherry Tomatoes
Red Tomatoes
Hot Peppers
Kale/Chard
Mustard Greens
Winter Squash 2nds
Arugula

In the PYO:

Nasturtiums
Bachelor Buttons
Mint, Sage,
Winter Savory,
Basil, Parsley,
Snapdragons,
Zinnias,
Cilantro, Celosia,
Aster
Strawflower,
Cleome, Cosmos
Calendula, Scabiosa
Mexican Mint
Marigold
Mexican
Sunflowers

**Additional
veggies available
for purchase this
week!**

Save the Date!
**10/3 Family
Cooking
Workshop**

Red Wiggler's CSA Newsletter

From the field....

The seasons have changed very quickly here at the farm and with it comes the beginnings of all of those delicious fall crops we've been looking forward to. During the school year, a group of students from Seneca Valley High School join us every week as a jobsite experience. Last week was their first week and together with our growers we harvested the first row of sweet potatoes! You will receive a few in your share this week while the rest are curing and getting a little sweeter.

We've also begun our harvest of winter squash! The first winter squash to be distributed are the seconds. We do this because perfect winter squash can store for a while, meaning that we do not need to eat it right away. The seconds, which have damage from groundhogs, won't last and need to be eaten right away. Just cut off the damaged portion before preparing them. Just cut off the damaged section cut off and then to be eaten.

Harvest Celebration

Thanks to all those that came to or donated to our 20th Annual Harvest Celebration. It was a fantastic evening and we hope you enjoyed it. We are hoping for rain just as much, if not more, than others in the area but are glad it held off during the event.

We met our fundraising goals, saw lots of new faces, and enjoyed delicious local food, wine and beer.

Volunteers needed this fall!

Students are back in school but there is still lots to be done in the fields! 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.

Schedule your field trips!

We'd love to have your group visit the farm for an educational tour, or to volunteer, Monday-Friday 9am-2pm now through early November. Trips to the farm are great for 1st graders on up and can be catered to your groups interests and curriculum. To schedule your visit, please e-mail Molly@redwiggler.org.

Recipes

Spicy Refrigerator Pickled Okra

Similar to dilly beans, this is great as an appetizer or even sliced on a turkey sandwich.

¾ cup okra
4 ½ cups cider vinegar
2 cups water
3 cloves chopped garlic
¼ cup crushed red pepper flakes
4 tbsp smoked paprika
4 ½ teaspoon salt
1 tablespoon peppercorns

Wash the okra, rubbing lightly to remove any grit and fuzz. Sterilize 2 (1 quart) canning jars and lids in boiling water for at least 10 minutes, allow to cool before filling with okra.

Combine the cider vinegar, water, garlic, red pepper flakes, smoked paprika, salt and peppercorns to a boil in a large pot over medium-high heat. Reduce the temperature and simmer for 15 minutes. Remove from the heat.

Pack fresh, cleaned okra loosely into the jars. Pour the hot brine over the okra, filling the jars to the top. Seal jars, making sure you have cleaned the jar's rims of any residue. Store the jars in the refrigerator. Allow contents to pickle at least one week minimum before eating, two weeks is best.

Lemon Sesame Glazed Mustard Greens by Alton Brown

1 bunch stemmed mustard greens	1 tablespoon honey
½ bunch kale or chard	1 ½ teaspoon kosher salt
1 tablespoon olive oil	¼ teaspoon freshly ground black pepper
2 cloves garlic, minced	½ teaspoon red pepper flakes
1 lemon, zested	1 tablespoon sesame seeds
2 teaspoons freshly squeezed lemon juice	

Remove any large stems from the greens and wash them thoroughly; do so in a sink with at least 5 inches of water. Moving the leaves around in the water and allowing them to sit for a few minutes to allow the sand or dirt to fall to the bottom of the sink. Once clean, roughly chop the greens. You should have 1 to 1 ¼ pounds finished greens once they are stemmed. (Weigh the greens after stemming, but before washing.)

Heat a large 13 by 11-inch roasting pan set over 2 burners on medium heat. Once hot, add the olive oil. Add the garlic, lemon zest, lemon juice, honey, salt, and pepper and stir to combine. Add the greens and sauté for 4 to 5 minutes, tossing continually. Add the red pepper flakes and the sesame seeds. Toss to combine. Adjust seasoning, if needed. Serve immediately.