

The Worm's Voice

In your share:

Arugula/Lettuce
Mustard Greens
Kale
Garlic
Winter Squash
Hot Peppers
Eggplant/Sweet Peppers
Tomatoes
Hakurai Turnips (use the greens!)

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
Sedum

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

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

Red Wiggler's CSA Newsletter

Farm News

All of the Winter Squash and sweet potatoes have been harvested (thank you Washington Waldorf School). Now that the big fields are cleared, we're busy getting cover crop in- daikon radish, clover, hairy vetch, winter rye & barley. We wish there was more rain to give these cover crops a strong start!

This is the last pick-up of the summer session!






Thank you all for being a part of our community this summer and we hope you have enjoyed the veggies, the PYO and your visits to the farm each week. You will each receive a survey via e-mail in the next week. The survey is a chance for you to tell us what worked or didn't work over the past 11 weeks so that we can make changes for the future. We really do use them! For those of you who are not signed up for the fall- we can still accommodate just a few of you for the Saturday pick-up. Otherwise, we hope to see you next Spring! For those continuing into the fall, the first fall pick-up is NEXT WEEK! That's right, there is no break!

THIS SATURDAY: FREE FARM TOURS 9:30am, 10:30am, 11:30am
Registration required: redwiggler.org/events/

Sign Up Now: Family Cooking Workshop! Oct. 3

Come with your kids (or grandchildren, nieces or nephews) and learn a few fun things to do with your CSA share that they will not only be willing to eat but enjoy making! Kids 5 years and up welcome, must be accompanied by an adult. Advance registration is required. Sign up on the CSA page. Open to all, CSA and non-CSA!

Types of Winter squash

	Butternut Squash: Peel, scoop out seeds, dice or slice in half rings and roast at a high heat. Eat on it's own or use in soups, stews or as a mash. High in beta-carotene.
	Acorn Squash: Cut in half, scoop out seeds and stuff with pilaf mixture. Sausage is great added to the pilaf! Bake.
	Kabocha Squash: A new variety for us! Scoop out seeds. Very sweet, fluffy texture. Asian in origin. Try it in a tempura! Flesh can be used in place of butternut or pumpkin in recipes. Try stuffing it like acorn squash.
	Spaghetti Squash: Slice in half long ways, remove seeds and roast with olive oil, salt and pepper. Scrape out flesh (will look like spaghetti) and serve with parm & butter or even pasta sauce.
	Sweet Dumpling Squash: Their size makes them a great "one meal" food. Prepare and roast like other squashes. Very sweet and moist.

Recipe

Fall is here! And you know what that means? It's time for the divine combination of winter squash, greens, and fancy cheese! Here's a good one to start off with:

Harvest Wild Rice Skillet

- 1 small onion, minced
 - 1 tbsp. butter
 - 2 cups peeled, cubed butternut squash
 - ¼ teaspoon dried thyme (more to taste_
 - 2 cups cooked wild rice
 - 2 cups roughly chopped greens: kale, chard or mustards
 - 2 cups chopped apples (fuji or gala are best. Unpeeled)
 - 2 tablespoons milk
 - ½ cup shredded gruyere
 - Salt to taste
1. Sauté the onion and butter in a large skillet over medium high heat until the onions are soft and translucent.
 2. Add the squash and thyme; sauté for 5-8 minutes, until the squash is fork tender but not mushy. Add the greens, wild rice, and still to combine. Add the milk.
 3. Add the apples last so they stay crispy. Add the cheese and stir a few times to get it melted into the ingredients.

Baba Ganoush

Great in a sandwich, great on a pita, great for a party. So so good.

- 3 pounds Eggplant, sliced once long ways
 - 2-3 tbsp. olive oil
 - 1/4 cup tahini
 - 2 cloves garlic, peeled and crushed
 - Juice of 1 lemon
 - Kosher salt and fresh ground black pepper
1. Preheat the oven to 450. Rub the outside of the eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has wrinkled and the interior is tender, 15-20 minutes. Let cool.
 2. Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer it to the bowl of a food processor.
 3. Into the processor bowl add the tahini, garlic, lemon juice, some salt and pepper to taste and a few teaspoons of cold water. Process the mixture to a coarse paste, adding a bit more water as needed to allow the mixture to blend.
 4. Adjust the seasoning with salt and pepper to taste and serve.