

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 10
Sept 14 & Sept 17

IN THE SHARE

- spaghetti squash
- beets/carrots/onions,
sweet pepper/ eggplant
- arugula/mustard
greens/tatsoi
- hot peppers
- tomatoes/cherry
tomatoes/ okra

PICK-YOUR-OWN

RED: Marigoldes,
Oregano, Mint

ORANGE:

Basil* (Amethyst,
Eleanora) Celosia,
Gomphrena, Cosmos,
Strawflower, Sunflowers,
Salvia, Scabiosa,
Zinnias, Strawflower

BROWN:

Banana peppers, Cosmos

PINK:

Gomphrena, Zinnias,
Cosmos, Snapdragon

YELLOW:

Parsley, Salvia, Winter
Savory, Sage,
Gomphrena, Marigolds,
Borage, Tithonia

GREEN:

Dill, Cilantro

*Basil is not at peak but
still useable as an herb

-Remember to clean your veggies!
-Join the CSA Facebook Group. Search: "Red Wiggler CSA" and request to join.
-Please do not bring dogs, on or off leash, to your pick-up.

Happy mid-September CSA members! Just a quick reminder that next week (Sept. 21 & 24) is the final week of the summer share. The fall share will begin the following week.

Farm updates:

Thanks to all who joined us at the Harvest Celebration on Saturday. It was a very successful event and we hope you had a great time! We know many people were out of town or had other obligations and we hope you can join the fun next year!

We've begun the heavy job of harvesting sweet potatoes and winter squash along with greens! When you head out to the pick-your own this week, you'll see one of our greens fields covered in row cover to protect them a bit from pests and groundhogs. This week's share includes some squash and sweet potatoes will be coming soon!

What not to miss in the PYO:

The cilantro and dill is just exploding- take all you can!

Come up and pick your own sweet potato greens! We'll have someone up there to assist. The sweet potato field is just above the Discovery Garden.

Then what? Sweet potato greens can be used in just like spinach and are packed with nutrients. Sounds fun!

New items in your share:

A few things will be appearing in your shares over these next two weeks that those of you who are newer to the CSA may not be as familiar with. Please don't hesitate to ask us what it is, what it tastes like and how one might prepare it- we'll do our best to answer your questions! Here is some info two new items in this week's share:



Tatsoi

Storage: Store Tatsoi in the refrigerator in a plastic bag. The greens are best used within 5-7 days.

Preparation: Rinse in cold water just before using. Chop greens into 1" strips, removing any tough stems, or use tender baby

greens whole.

Usage: Tatsoi has a mild cabbage-like flavor when eaten raw in salads. To cook, steam or sauté with olive oil. Serve as a side dish (as you might spinach) or add to soups and stews.



Spaghetti Squash

Storage: Store Spaghetti Squash (and other winter squashes) in a cool, dark place- a cabinet or shelf in the pantry works well.

Preparation: Rinse the skin before cutting. Squash may be sliced in half length wise, then scoop out the seeds.

Usage: Bake entire halves, and then scrape the flesh with a fork. It will form long spaghetti-like strands itself. Top with tomato sauce and serve as you would pasta.

Recipes

Farro, Cherry Tomato and Arugula Salad *from foodandwine.com*

1 1/2 cups farro (3/4 pound)
1/3 cup extra-virgin olive oil
1/4 cup balsamic vinegar
Salt and freshly ground pepper

1/2 pound cherry tomatoes, halved
2 bunches of arugula (3/4 pound), stemmed and torn into bite-size pieces

In a large saucepan of boiling salted water, cook the farro until al dente, about 25 minutes. Drain well. Transfer to a bowl and let cool to room temperature. In a bowl, mix the olive oil and vinegar and season with salt and pepper. Add the tomatoes, arugula and dressing to the farro and toss well. Season with salt and pepper and serve at once.



Healthy Spaghetti Squash Gratin with Basil *from NYTimes.com*

1 spaghetti squash, about 3 pounds
1 tablespoon extra virgin olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
Salt
freshly ground pepper
3 large eggs

1/2 cup low-fat milk
2 tablespoons chopped fresh basil (1/4 cup basil leaves)
2 ounces Gruyère cheese, grated (1/2 cup)
2 tablespoons freshly grated Parmesan or pecorino romano

Preheat the oven to 375 degrees. Pierce the squash in several places with a sharp knife. Cover a baking sheet with foil, and place the squash on top. Bake for one hour, turning the squash every 20 minutes until it is soft and easy to cut into with a knife. Remove from the heat, and allow the squash to cool until you can handle it.

Cut in half lengthwise, and allow to cool further. Remove the seeds and discard. Scoop out the flesh, and place in a bowl. Run a fork through the flesh to separate the spaghetti-like strands, then chop coarsely. Measure out 4 cups squash. (Use whatever remains for another dish, or freeze.)



Oil a 2-quart gratin or baking dish. Heat the oil over medium heat in a large, heavy skillet, and add the onion. Cook, stirring, until tender, about five minutes. Add the garlic and a generous pinch of salt. Cook, stirring, for another 30 seconds to a minute until fragrant. Add the squash. Cook, stirring often, for five minutes until the strands of squash are a little more tender. Season to taste with salt and pepper, and remove from the heat.

Beat the eggs in a large bowl. Add the milk, salt (about 1/2 teaspoon), pepper and basil. Stir in the squash mixture and the Gruyère, and combine well. Scrape into the baking dish. Sprinkle the Parmesan or pecorino over the top, and gently press down to moisten.

Bake 40 to 45 minutes until nicely browned and sizzling. Remove from the heat, and allow to cool for 10 to 15 minutes before serving. Serve hot, warm or room temperature.