

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 11
Sept 21 & Sept 25

IN THE SHARE

- winter squash
- garlic/onions/
tomatoes/ cherry
tomatoes/ beets/
eggplant/ sweet
- arugula/kale
greens/pac choi
- hot peppers
- okra

PICK-YOUR-OWN

RED: Marigolds,
Oregano, Mint

ORANGE:

Celosia, Gomphrena,
Cosmos, Strawflower,
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

-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.

THIS IS THE FINAL WEEK OF THE SUMMER CSA. THE FALL SESSION STARTS NEXT WEEK!

Winter Squash in your share today:

Yay! Winter Squash! You will notice that what you are receiving this week has blemishes and are not perfect. They are 2nds! The only difference is that they cannot be stored and should be eaten in the next week or so. So give them a good wash, cut off the blemishes and roast them!



Pac Choi

Pac Choi 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.

Nutrition: The veggie is packed with vitamins A and C. One cup of cooked bok choy provides more than 100% of the recommended dietary allowance (RDA) of A, and close to two-thirds the RDA of C.



Hakurei Turnips

A member of the brassica family, Hakurei turnips are sweet and mild. Sometimes called salad turnips these

are delicious raw, and take on a whole new flavor and texture when cooked. Turnip leaves are also edible and taste similar to mustard greens, and make delicious stir-fries and sautés. *Nutrition: Turnip root is high in Vitamin C, and the leaves are high in good source of vitamin A, folate, vitamin C, vitamin K and calcium.*

Farm Happenings:

SOLAR HOME TOUR: Oct. 1st 11am-5pm

Did you know we have a solar house on the farm? It was built by UMD undergraduate students for the 2005 Solar Decathlon on the National Mall. Solar & "green" homes have come a long way but it's still pretty cool to see what the technology was like 11 years ago! Free and open to all. Check out other homes on the tour at solartour.org.

FIELD TRIPS & TOURS:

Bring your group (class, congregation, scout troop, etc.) to Red Wiggler for a hands-on tour of the fields. Field trips available T-F 9am-2pm. E-mail molly@redwiggler.org.

Recipes

Hakurei Turnip Farro Salad from earlymorningfarm.com

1 bunch of hakurei turnips with greens (or 2 -3 hakurei turnips and 1 bunch swiss chard, mustard greens, or kale)
1 cup farro, cooked (about 3 cups when cooked)
1/4 cup olive oil, divided
1 tablespoon fresh minced thyme or 1 teaspoon dried
2 tablespoons chopped parsley
1 tablespoon red wine vinegar
1 teaspoon dijon mustard
Sea Salt and Freshly ground black pepper



Separate greens and turnips. Wash turnips, and cut into one inch cubes. Wash turnip greens and cut into bite size pieces.

Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add turnips, thyme, and a pinch of salt. Cook, stirring occasionally for about ten minutes until turnips start to brown. Add turnip greens, another pinch of salt and some pepper. Cook stirring frequently until greens wilt. Cover pan and cook for an additional 5 minutes until greens are tender. Stir in the vinegar and parsley.

Place farro in a large bowl. Add turnips and greens, leaving any excess liquid behind in the pan. Add remaining olive oil and dijon mustard. Taste and adjust salt and pepper if necessary.

Hakurei Turnip, Beet, & Kale Medley with Hazelnuts from earlymorningfarm.com

1 large or 2 small Hakurei Turnips, cut into 8 wedges
1 large or 2 small beets
1/2 bunch of kale (about 5 leaves), stems removed, chopped into bite size pieces
2 garlic cloves, minced
1 tablespoon minced thyme
2 tablespoons butter
1/4 cup hazelnuts, finely chopped
salt and pepper to taste



Preheat the oven to 375. Cut the top and bottom off of the beet, wrap in foil, and bake for 45 – 60 minutes until soft. (can be done in advance) Remove from oven, let cool, then peel and cut into 8 wedges.

Bring a large pot of salted water to a boil. Cook the kale for one minute, remove with a slotted spoon, and keep the water boiling. Add the turnips and cook for about 3 minutes until tender.

Melt the butter over medium heat in a sauté pan. Add the hazelnuts, and cook stirring frequently until the hazelnuts are toasted. Add the garlic and thyme, cook for one minute. Add the kale and turnips to the pan, and stir to combine. Add the beets last, with salt and pepper to taste. Serve warm or chilled.