

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 8
Aug 30 & Sept 2

IN THE SHARE

- Potatoes
- Beets/ Onions/ Garlic/ Zucchini/ Sweet Peppers/ Heirloom/ Orange Tomatoes/ Cherry Tomatoes/ Tomatillos/ Ground Cherries
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:
Oregano, Mint, Sage, Thyme, Lavender

GREEN:
Cilantro

ORANGE:
Celosia, Nasturtiums, Gomphrena, Marigold, Snapdragons, Oregano, Statice, Sunflowers, Pincushion, Calendula, Parsley, Sun Balm, Lemon Basil

PINK:
Zinnias, Sunflowers, Cosmos, Thai Basil

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

It's not too late to can, make sauce or freeze! Sale on bulk tomatoes: 20lbs/\$20

PYO GREEN BEANS! Just above the Orange PYO, above the row of parsley. Enter in the first gate, walk straight up the aisle, several rows. They will be on your right. When picking green beans, use one hand to hold the plant and one hand to pull the bean off the plant. When picking the bean, leave the little "cap" on the bean.

Farm Notes:

September is here and that means lots of transitions on the farm. Last week we had a fun ice cream social with our volunteers to show appreciation for all their hard work before they return to school next week. We also said goodbye to a few of our summer crew as they head off to their next adventures.

Thank you to all the adults and young people who showed so much dedication to Red Wiggler this summer—spending their free time weeding, seeding, hauling, harvesting and helping to make our 2017 season so successful!



And this week? We're appreciating that it isn't in the 90's with high humidity as we continue to harvest veggies, process garlic, and sort tomatoes for your pick-ups. In the office we are in full on Harvest Celebration planning mode. We hope to see many of you there!

VERY limited CSA slots available:

We have 2 slots for the Fall CSA with a Saturday pick-up available to current members only. Please contact csa@redwiggler.org if you would like one of the slots.

Harvest Celebration Tickets Available

Don't forget to purchase your ticket for the 22nd Annual Harvest Celebration & Silent Auction. Great live bluegrass band, local food and beverages and interesting and fun silent auction items to bid on—all for a good cause.

Tickets available at www.redwiggler.org/events/

Recipes

Veg- Vegetarian DF- Dairy Free GF-

Tofu and Bell Pepper Stir-Fry Serves 4, Martha Rose Shulman, **Veg, DF**

½ pound firm tofu

1 ½ teaspoons brown sugar

2 tablespoons soy sauce

2 tablespoons vegetable, peanut or canola oil

2 teaspoons hoisin sauce
1 teaspoon sesame oil
2 red bell peppers, seeded and cut in 1-inch squares
1 green bell pepper, seeded and cut in 1-inch squares
1 tablespoon minced fresh ginger

2 large garlic cloves, green shoots removed, minced
¼ to ½ teaspoon dried red pepper flakes (to taste)
2 scallions, white and green parts, cut on the diagonal into 1-inch lengths
Cooked rice or noodles for serving



Optional step for firmer tofu: Blot the tofu dry, wrap in a clean kitchen towel and place a cutting board on top. Let sit for about 15 minutes. Whether weighted or not, slice the tofu about 1/2 inch thick into 1- x 2-inch dominoes. Mix together 1 tablespoon of the soy sauce, 1 teaspoon of the brown sugar and 1 tablespoon of the oil in a medium bowl. Toss with the tofu, and stir to make sure all of the pieces are coated. Let sit for five to 10 minutes while you prepare

the other ingredients.

In a small bowl, stir together the remaining soy sauce and sugar, hoisin sauce and sesame oil. Set aside. Heat a large nonstick skillet or wok over high heat until a drop of water evaporates on contact. Add the oil, turn the heat to medium-high and add the peppers. Stir-fry for a couple of minutes, until the peppers begin to soften, and add the garlic and ginger. Stir-fry for 20 seconds, until the garlic and ginger begin to smell fragrant, and add the tofu, dried red pepper flakes and green onions. Stir-fry two minutes, give the sauce a stir and add to the pan. Cover and cook for three minutes. Remove the lid, stir the ingredients in the pan, and taste and adjust seasonings. Serve with rice or noodles.

Vegan Roasted Red Pepper & Tomato Soup, Serves 4, Minimalist Baker [Veg](#), [DF](#), [GF](#)

3 ripe, vine ripened tomatoes
3 cloves garlic
1/2 large yellow onion
1 red pepper
1 Tbsp extra virgin olive oil

1 28 oz can of peeled, whole plum tomatoes
3-4 Tbsp tomato paste
sea salt and black pepper
1 cup low-sodium veggie broth
1/2 cup plain almond milk



Preheat oven to 350 degrees F (176 C).

Cut tomatoes and onions into wedges and remove some of the tomato seeds with your fingers. Remove seeds from red pepper and cut into even slices. Place all of the veggies, including the garlic, on a baking sheet, drizzle with olive oil, a generous pinch of sea salt and black pepper and toss. Roast for 40-45 minutes, or until the veggies are tender, lightly browned and close to half their original size. Remove from oven and set aside.

In a large pot over medium to medium-high heat, add canned tomatoes, veggie broth, tomato paste, the slightly-drained vine-ripened tomatoes and the roasted veggies. Add another pinch of salt and pepper, stir and bring to a low boil.

Reduce heat and simmer for 10 minutes. Then use an immersion blender, food processor or blender to puree your soup (leave some whole veggies if you prefer more texture).

Return to pot and add 1/2 cup plain almond milk (and more broth if it's too thick for your liking). You can also sub cream or regular milk.

Cook for 5-10 minutes more on medium to medium-low heat and serve warm.

Optional garnishes: pesto, oregano, parsley, roasted red pepper flake, vegan parmesan cheese, basil, garlic croutons. Will keep in the fridge for several days.