

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 9
Sept 6 & Sept 9

IN THE SHARE

- "Use Now" Spaghetti Squash
- Arugula/ Beets/
Onions/ Garlic/ Sweet Peppers/ Heirloom/
Red Tomatoes/ Cherry Tomatoes/ Tomatillos/
Okra
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Oregano, Mint, Sage, Thyme, Lavender

GREEN:

Cilantro

ORANGE:

Celosia, Nasturtiums, Gomphrena, Marigold, Oregano, Statice, Sunflowers, Pincushion, Calendula, Parsley, Sun Balm, Tithonia

PINK:

Zinnias, Sunflowers, Cosmos, Thai Basil, Calendula

YELLOW:

Marigolds, Coneflower, Snapdragon, Winter Savory, Borage, Tithonia

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.

Today is the last day of the Summer CSA. Thanks for a great season and we hope to see you back in the fall or next year! The fall season will begin September 27th. Sign-up for the 2018 season will begin in January.

Last week of 20lbs/\$20 tomatoes!

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:

This week is the last week of the CSA before we take a break for 2 weeks, enjoy the Harvest Celebration and return for the Fall CSA. It's been a great season for most vegetables and we're looking forward to what the fall harvest will bring. Our first winter squash harvest went great. We took a peak at the sweet potatoes which will be harvested over the next few weeks and they look great! Katie, our Volunteer and Grower Coordinator, will be entering our vegetables and flowers in the Damascus Fair on Thursday. We'll take the whole crew to the fair on Friday to see what we won, enjoy some fair food and wander around a little. If you go to the fair this year, be sure to look out for our veggies!



About Spaghetti Squash: In your share this week you will find "use now" spaghetti squash. They have little nicks in them and won't store well so take advantage of a week with spaghetti squash AND tomatoes and make something tasty!

How to cook a Spaghetti Squash: Heat oven to 400 F. Slice squash in half lengthwise and scoop out seeds. Drizzle halves with the olive oil and season with salt. Place squash cut side down on baking sheet and roast until tender, 45-50 minutes. Use a fork to scrape out "spaghetti."

Harvest Celebration: Just a few tickets left!

Join us September 16th 4-7pm for a fun event filled with lively music, great food and drink, fun games and a wonderful community of Growers, volunteers, and supporters (you!). Purchase Tickets or donate towards the event: <https://redwiggler.org/harvest-celebration/>

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Spaghetti Squash with Tomatoes Serves 4-6, Food.com, **Veg, GF**

1 cooked **spaghetti squash**, halved, seeds removed
1 medium **onion**, chopped (1/2 cup)
1 **green pepper**, chopped (1/2 cup)
1 large **garlic** clove, chopped
2 tablespoons olive oil
1/4 cup grated parmesan cheese

4 tomatoes, **chopped** (4 cups)
1/4 teaspoon dried **oregano**
1/4 teaspoon dried basil
salt and pepper
2 tablespoons butter



Cook squash until done using any method you prefer- bake, boil, steam, microwave. When squash is nearly done, sauté onion, green pepper and garlic in olive oil over medium heat until tender. (about 5 minutes). Stir in tomatoes, salt and pepper, oregano and basil. Simmer together about 5 minutes more.

When squash is done, shred with fork, keeping it inside the shell. Toss with butter. Spoon mixture on top of shredded squash, top with parmesan.

Baked Tomatoes with Arugula Pesto Serves 6, NYTimes Recipes



6 medium or large ripe, firm tomatoes
Salt
freshly ground pepper to taste
6 tablespoons arugula pesto

Preheat the oven to 425 degrees. Oil a baking dish that will snugly accommodate the tomatoes. Core the tomatoes, and season with salt and pepper. Place a spoonful of pesto into each core. Place in the oven and bake for 20 minutes, until the surface of the pesto is just beginning to color. Remove from the heat. Serve warm.

Arugula Pesto Early Morning Farm

1 bunch of arugula
1/2 cup parmesan cheese, finely grated
1/4 cup toasted sunflower seeds
1/4 cup olive oil

1 clove garlic
juice from half a lemon
salt + pepper to taste



Wash the greens. Remove bottom of stems, and thoroughly wash and dry using a salad spinner.

Mince garlic. Process garlic a few times in the bowl until minced. Add sunflower seeds and cheese and pulse together. Add lemon juice and greens to the bowl, then process while streaming in oil. Add salt and pepper, process once more. Taste and adjust seasoning if necessary.

To serve with pasta, cook pasta according to package directions. Drain, then return pasta to the pot, while pasta is still warm add pesto (1/2 cup – 1 cup per pound of pasta) and mix to combine. Add salt and pepper to taste, top with fresh grated parmesan. Use gluten free pasta if necessary.