

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 1  
Sept 26 & Sept 29

## IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
- Sweet Peppers  
/Eggplant
- Radishes/Beets  
/Carrots
- Kale/Collards
- Mustards/Arugula
- Other surprises

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro,  
Chives, Russian  
Sage

GREEN:

Cilantro, Dill

ORANGE:

Celosia, Zinnias,  
Tithonia, Sorrel

PINK:

Cosmos, Zinnias,  
Gomphrena, Basil,  
Parsley, Ageratum

YELLOW:

Sage, Winter  
Savory

### 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.

### Welcome to the first week of the 2018 Fall CSA!

We're looking forward to a fall full of greens, sweet potatoes, winter squash and more! We hope you are as well.

A few reminders to help us get off to a good start:

- Weekly pick-up (which includes the PYO) is from 2pm-5pm on Wednesdays and 9am-12pm on Saturday. Please stick to these times.

- Remember to sign-in

- Can't make your pick-up? Send a friend or family member in your place.

Remember to tell them the times of the pick-up window, that they should bring a bag and sign-in. No need to let us know ahead of time.

### Coming up:

-SOLAR HOUSE TOUR & FIELD WALK Sat. 10/6

Come learn all about the Solar House with a personal tour inside. Woody will have coffee available for CSA members from 9 am -11am. The house will be open to the general public from 11am-4pm.

Additionally, a guided Field Walk will take place from 10-11am. This tour (free for CSA members) is a great way to see what's growing and get a better idea of the work happening on the farm.

### Farm Notes:

Welcome back! A lot has changed since the summer season. The winter squash is all out of the field and in the curing process. During curing the skins hardens and the sugars further develop for better flavor and storage over the winter.

We're still waiting for some dry days for our big sweet potato harvest. As soon as the ground is a little drier, we will turn over the heavily vined plants with a tractor, and hand pick sweet potatoes with a huge team of staff and volunteers.



# Recipes

**Veg- Vegetarian DF- Dairy Free GF- Gluten Free**

## Golden Carrot Bake Simply in Season, Serves 6 **Veg**

3 cups **carrots**, shredded  
1 ½ cups water  
2/3 cup uncooked brown rice  
½ tsp salt  
¼ tsp pepper

2 cups Monterey Jack Cheese  
1 cup milk  
2 eggs (beaten)  
¼ cup onion  
pinch nutmeg

Combine carrots, water, rice, salt, and pepper and bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Remove from heat. Do not drain. Stir in the 1 ½ cups of cheese, milk, eggs, onion, and nutmeg and transfer to a 1 1/2 quart casserole dish. Bake uncovered at 350F for one hour. Sprinkle remaining ½ cup of cheese on top and return to oven to melt the cheese.

## Sautéed Greens Veganomicon, Serves 4 **Veg, DF**

4 cloves **garlic**, minced  
1 bunch **kale or collards\***, chopped  
1 tbs. olive oil  
½ cup vegetable broth  
1 tsp soy sauce



Preheat a large skillet over medium heat. Sauté garlic in olive oil for about 1 minute. Add chopped greens and sauté for 2 minutes. Add vegetable broth and soy sauce and cook for another 10 min until greens are tender. Serve immediately.

\*This recipe is great for Bok Choy and Mustards as well, but reduce cooking time and broth by half.

## Creamy Radish Slaw Genius Kitchen, **Veg**

1 bunch **radishes**, shredded  
1 ½ cup **carrots**, shredded  
1 **sweet pepper**, chopped  
½ cup mayonnaise  
1 tbs. fresh **dill**, chopped

2 tbsp. white wine vinegar  
2 tsp sugar  
1 tsp dry mustard  
salt and pepper

Combine first 3 ingredients in a bowl. Combine mayonnaise and remaining ingredients with a whisk. Drizzle over slaw, toss well to combine. Serve immediately

## Roasted Beets TasteofHome.com **Veg, DF, GF**

1 pint of **Beets**, peeled  
4 teaspoons olive oil (or vegetable oil)  
½ teaspoon kosher salt



Preheat oven to 400°. Cut each beet into six wedges; place in a shallow dish. Add olive oil and salt; toss gently to coat. Place a piece of heavy-duty foil (about 12 in. long) in a 15x10x1-in. baking pan. Arrange beets on foil; Fold foil around beets and seal tightly. Bake until tender, about 1 hour. Open foil carefully to allow steam to escape