

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 3

Oct 10 & Oct 13

IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
/Sweet Potatoes
- Turnips/Radishes
/Beets/Kohlrabi
/Okra
- Kale/Collards
/Bok Choy
- Mustards/Arugula
/Sweet Pot. Greens
- Lettuce

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Chives, Russian Sage

GREEN:

Cilantro

ORANGE:

Celosia, Zinnias, Tithonia, Sorrel, Strawflower

PINK:

Cosmos, Zinnias, Gomphrena, Nasturtium, Thai Basil, Parsley, Ageratum

YELLOW:

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.

UPCOMING EVENT: Workshop- DIY Kimchi for Every Palate. Sat Oct 20th; 10am-Noon. Cost: \$35.00

Farm Notes:

“Slimy and satisfying!” says Steve Lashmit describing the bite of raw okra he takes while harvesting in the field. Steve is an okra fan, and believes they make a great raw snack. If you haven’t tasted okra this way yet, it may be time to give it a try. The okra had a late start to the season, but is now towering over all our heads and producing very well.

We recently found the culprits of many damaged sweet potatoes. These adorable voles were had their nest disturbed during the sweet potato harvest this week, and were rescued by a volunteer with experience caring for mice. Voles are around the same size as field mice, and make their homes in areas well covered by foliage. This makes a field covered in sweet potato vines ideal for building a nest.

It wasn’t all a waste however. Although damaged sweet potatoes won’t cure or store well, they can still be salvaged if used and processed right away. So far Community Food Rescue and DC Central Kitchen have received over 300 lb. of sweet potatoes that could easily have gone to waste.



In the PYO:

After being relatively safe all summer, the dill has been discovered by the deer. We are going to give it a break for the week to allow it to regrow. Deer are excellent pruners, so it should grow back just fine, albeit slower in these shorter fall days.

It’s time to collect some herbs for drying. Sage is plentiful in the yellow PYO and its incredibly easy to dry by hanging. Sage can be used on its own or mixed into a sage salt. According to thealldaykitchen.com, mix 2 tbsps. of coarse sea salt with 1 bunch of sage. Use a food processor to mix fresh sage and salt together until salt has a soft green color. Alternatively, you can use a mortar and pestle, but only after the sage has been dried. This seasoning can be put on potatoes, added to tomato-based soups, or used as a rub for your holiday roast.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Glazed Turnips and Radishes **Veg, GF**

(from epicurious.com)

2 bunches baby **hakurei turnips**, baby **turnips**, or **red radishes** (about 2 pounds), trimmed, greens reserved
1/4 cup (1/2 stick) unsalted butter
3 tablespoons sugar
Kosher salt



Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.) *DO AHEAD: Can be made 4 hours ahead. Let stand at room temperature. Rewarm before continuing.*

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.

Maple Sauteed-Sweet Potato Greens **Veg, DF, GF**

(from emmafrisch.com)

3 tbsp. olive oil
2 cloves **garlic** coarsely chopped
1 bunch **sweet potato greens**
1/4 cup water
1 1/2 tbsp. maple syrup
1 tsp red wine vinegar
1/2 tsp sea salt



Over medium-low, heat the olive oil in a large sautee pan. Add the garlic and sautee just until the edges begin to brown. Add the greens and cover the pan with a lid. After about 2-3 minutes, the greens will wilt enough to toss them. Toss in the maple syrup, vinegar and salt. Toss the greens well and replace the lid. When the greens are completely wilted, like spinach, remove them from the heat. Serve warm, or cold the next day for a refreshing salad

A Very Edible Arrangement

Nasturtiums are blooming well for the first time since spring. These bright orange and yellow flowers make beautiful salad topper. Both the leaves and flowers can be used and have a spicy flavor. Flowers are best used the same day picked, however putting the stems in water and refrigerating should extend shelf life for another day or two. Young leaves are the most tender, so pick from new growth for the best salad leaves.

