

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 4

Oct 17 & Oct 20

## IN THE SHARE

“/” indicates choice

- Winter Squash
- Sweet Potatoes
- Turnips/Radishes
- Kohlrabi/Okra
- /Sweet Peppers
- Kale/Collards
- /Bok Choy/Tatsoi
- Hot Peppers

## 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:

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.

## Farm Notes:

In cooperation with Future Harvest Chesapeake Alliance for Sustainable Agriculture, Red Wiggler hosted the 1<sup>st</sup> Mid-Atlantic Care Farming Summit. Care farming is the therapeutic use of farming practices for health, social, or educational purposes for vulnerable groups of people. Care farmers, parents, and service organizations from Maryland, Virginia, Pennsylvania, D.C., North Carolina, and



Washington State gathered in the barn to learn from one another. It was a rewarding experience for everyone involved.

Our farthest travelled guests came all the way from Italy. Giovanni and Marco from La Lanterna di Diogene in Modena, volunteered with us during the week after attending the summit

## In the PYO:

**Zinnias** are stealing the show in the pink and orange pick-your-own. Add **Strawflower** and **Gomphrena** for a hardier bouquet that will last until your next pick-up. The **dill** is still out for this week, however the **parsley**, **sage**, **winter savory**, and **chives** are great herbs to use in all kinds of recipes. Bonus: They are all easy to dry!

## Red Wiggler's guide to Asian Greens



BOK CHOY/PAC CHOI

Though slightly different in color. These classic Asian greens can be used in similar ways. Tatsoi has a flavor a bit milder than mustard greens, while bok choy has a unique mellow flavor. Both greens are incredibly easy to use. Add them to a stir fry, toss them into soups, or even use them raw in salads.



TATSOI

# Recipes

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

## Sweet Potato Pie **Veg, DF**

(from vegsource.com)

There are many great recipes for this classic southern pie. This is one of the few dairy free recipes and it's delicious.

- 2 cups cooked sweet potatoes
- 1 cup soymilk/almond milk
- $\frac{3}{4}$  cup brown sugar
- 3 tbsp. oil
- $\frac{1}{4}$  cup cornstarch
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  tsp powdered ginger
- $\frac{1}{4}$  tsp ground clove
- 1 tsp cinnamon
- 1 tsp vanilla



Mash or blend sweet potatoes in a food processor. Add remaining ingredients and mix completely. Pour mixture into unbaked pie crust. Bake at 400 F for 50-60min. Allow to cool completely before serving.

## Unstuffed Pepper Skillet **GF**

- 1 lb. lean ground beef (93% lean)
- $\frac{1}{2}$  cup yellow onion
- 2 cups chopped **green bell pepper**  
(optional: 1 **hot pepper**, finely chopped)
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 2 8oz cans Tomato Sauce
- 2 tablespoons Tomato Paste
- 1 cup finely chopped **kale or mustard greens**
- 1- $\frac{1}{2}$  cups instant white rice, uncooked
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  cup shredded Cheddar cheese



Heat large skillet over medium-high heat. Add beef, onion, bell pepper, hot pepper, garlic and salt; cook 7 minutes or until beef is no longer pink and vegetables are tender, stirring occasionally. Add tomato sauce, tomato paste, kale, rice and water; stir to combine. Bring to a boil. Reduce heat; cover and simmer 10 minutes or until rice is tender. Remove from heat; stir. Sprinkle with cheese; let stand 2 minutes or until cheese melts.