

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 5

Oct 24 & Oct 27

IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
- Sweet Potatoes
- Turnips/Radishes
- Kohlrabi
- /Sweet Peppers
- Mustards/Lettuce/
- /Arugula/Bok Choy
- /Tatsoi

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Chives, Thyme

GREEN:

Cilantro

ORANGE:

Sorrel, Strawflower

PINK:

Parsley,
Gomphrena

YELLOW:

Sage, Winter
Savory,
Strawflower

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:

A bright blue sky is the backdrop for a myriad of greens, reds, yellows, and browns.

Looks are changing quickly on the the farm, and our activities are too. Frosty mornings and warm afternoons, change up the routine in the fields. We start some harvest activities a bit later in order to allow the frost to thaw. However, there's plenty to do besides harvest. This week's activities are centered around garlic. This week we are preparing beds for the 500 ft of garlic that will be planted soon. Garlic is planted in the fall, and hopefully does most of it's growing underground during the winter. Then in spring it will send up its green shoots. The garlic in this week's share was planted 1 year ago. The taste proves that it's worth the effort and the wait.



In the PYO:

The PYO looks a lot different than last week. Though the frost took out the majority of the summer flowers, the sturdy **strawflower** blooms on. There are two spots to find them, a bed in the orange PYO and a row behind the yellow PYO.

Walk past the yellow flag towards the solar house to find the most blooms.

Gomphrena is also holding on to its color for anyone interested in doing some drying. The herbs doing the best post-frost are **Thyme, Winter Savory** and **Sage**. These herbs are the perfect addition to hot soup on cold nights.

Fried **sage** is an easy addition to a simple pasta dish. Heat 3 tablespoons of butter or olive oil over medium heat. Roughly chop 20-30 fresh sage leaves and add to the pan. Cook until butter turns light brown and sage shrivels. Toss with 4 servings of your favorite cooked pasta and parmesan.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Pumpkin Saag **Veg, DF, GF**

Cook Time: 1.5 hours Serves 4-6

3-4 lbs **pumpkin**, seeded and halved
3 Tbsp. vegetable oil
1 large onion, diced
4 cloves **garlic**
1 ½ tsp curry powder or garam masala
¼ tsp cinnamon, ground
½ tsp salt
1/8 tsp cayenne
1.5 cup vegetable broth
1 inch fresh ginger, peeled and grated
or 1 ½ tsp ground ginger
1 bunch **mustards, totsoi, or bok choy** chopped
juice of ½ lime or lemon



Roast pumpkin cut side down for 50 min at 350 F. When cool, peel the skin and chop into 1-inch pieces. In a large pot over medium-high heat sauté the onions and garlic in the vegetable oil until light brown. Add pumpkin and cook for 3-4 minutes. Add spices, ginger, and water.

Cook for 5 minutes, stirring often, and lightly mashing the pumpkin. Stir in the greens in batches, and cook until greens have reached your preferred softness. (Less time for chard, more for kale and collards.) Add lime juice, and salt to taste. Serve over rice or quinoa.

Arugula Salad **Veg, GF**

6 tbsp. extra-virgin olive oil
2 tbsp. lemon juice
Kosher salt
Freshly ground black pepper
4 c. arugula
Shaved Parmesan, for garnish

Make dressing: In a medium bowl, whisk together olive oil and lemon juice, then season with salt and pepper.

In a large bowl, lightly dress arugula, toss, then top with Parmesan.

