

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 6

Oct 31 & Nov 3

IN THE SHARE

“/” indicates choice

- Garlic/Leeks
- Winter Squash
- Sweet Potatoes
- Turnips/Radishes
/Kohlrabi/Carrots
/Sweet Peppers
- Arugula/Mustards
/Pac Choi

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Chives, Thyme

ORANGE:

Sorrel

PINK:

Parsley

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:

It's the last week of October with only two weeks left in the CSA. The crew took a break early in the week to enjoy the season. We headed over to Butler's Orchard for a hay ride, games, and apple cider donuts. This community building trip has become a tradition over the years. The crew had a great time and each person took home a pumpkin as a souvenir. Thus ends the month of October. For the most part we have had many sunny days to make up for the rainy end of summer. We used the beautiful days this week to get next year's garlic into the ground and covered up with compost before the freeze.



In the PYO:



The fields may be out of flowers but they're still full of potential. Last week growers, staff, and volunteers went out to the PYO to collect seeds. The bags of seeds heads from celosias, cosmos, purple cone flowers, and zinnias will be dried and processed throughout the winter for future planting.

Any CSA members interested in saving some flower seeds for their own garden next spring, can do so this week. Celosia, and zinnias are very easy to harvest, and make a fun activity to do with kids. Ask a RW staff for help identifying the seed heads.

Gumbo z'Herbes **Veg, DF, GF**

(From The Washington Post)

- 3 lbs greens (any combination of **mustard greens, kale, collards, turnip greens**, beet greens, radish leaves, tatsoi, **pac choi, parsley**, carrot tops), washed, tough stems removed, and chopped into 1-inch pieces
- 8 cups homemade or no-salt-added store-bought vegetable broth (see related recipe)
- Water, as needed
- 1/2 cup vegetable oil
- 1/2 cup flour
- 1 large onion, finely chopped (2 cups)
- 2 medium **sweet peppers**, seeded and finely chopped (2 cups)
- 3 ribs celery, finely chopped (1 cup)
- 6 cloves **garlic**, finely chopped
- 2 teaspoons ground cayenne pepper
- 2 teaspoons smoked paprika
- 2 teaspoons fine sea salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- 12 cups cooked white or brown rice
- **Chives**, coarsely chopped, for garnish



Place greens in a large pot: cover with the broth, adding enough water to cover. Bring to a boil over high heat, then reduce the heat to medium so that the liquid is barely bubbling. Cook the greens until very tender, about 40 min. Remove from heat.

While the greens are cooking, make a roux: Heat the oil in a heavy pot over medium heat. Once the oil shimmers, whisk in the flour until smooth. Reduce the heat to medium-low; cook, stirring constantly, until the mixture turns a light brown color, 10 to 20 minutes.

Stir in the onion, green and red bell peppers, celery, garlic, cayenne pepper, paprika, salt and pepper. Cover, and cook, stirring occasionally, until the vegetables are very tender, about 20 minutes.

Drain the cooked greens, reserving the liquid. Transfer the greens to the pot of vegetables. Measure the reserved cooking liquid and add 8 cups of it to the pot. Increase the heat to bring it to a boil, then reduce the heat until the liquid is barely bubbling. Cook for 10 minutes, just to incorporate all the flavors. Taste, and add salt and pepper as needed.

Divide the rice among serving bowls, and ladle a cup of hot gumbo over each portion. Garnish with the scallions. (Makes 12 servings)

Saving it for later? Finished gumbo can be refrigerated for up to 1 week or frozen for up to 3 months.