

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2018 Week 7  
Nov 7 & Nov 10

## IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
- Sweet Potatoes
- Turnips/Radishes  
/Kohlrabi/Beets  
/Leeks
- Arugula/Tatsoi  
/Pac Choi
- Hot Peppers

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

### RED:

Chives,

### ORANGE:

Sorrel

### 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.

**This is the last pickup for the 2018 season. Thank you for being part of all that we do. We look forward to seeing you next year.**

### Thanksgiving Market: Produce for Sale

Stock your larder with Red Wiggler produce for the winter. The last harvest of the season will be for sale in the barn on Wednesday Nov. 14 from 2-5, and Saturday Nov. 17 from 9-12. This event is **Open to the Public!**

### Farm Notes:

Wondering what to do with all those fall leaves? Send them to Red Wiggler and we'll put those leaves to work. Leaves are excellent for our compost. They add essential heat-building carbon to the pile and become food for all types of decomposers. We can use any leaves from untreated lawns. Whether in a paper bag or by the truckload, they will be very appreciated.



### End of Season FAQ:

How/When do I sign-up for the 2019 CSA?

*Registration will open to returning members (you!) in mid-January. You will have a few weeks to register before we open remaining slots to the general public. You will receive an e-mail in early January with details about exact dates. Those dates will also be on the website. Slots fill quickly so be sure not to delay!*

Can I still drop off compost during the winter?

*Yes! You can drop off your compost M-F 9am-4pm through the winter. If we have snow, we will move the drop-off place to the covered porch next to the greenhouse. If the gate is closed, that may mean that the road is not suitable to drive on. Please don't chance it!*

What will I eat all winter??

*Stored properly, your garlic, sweet potatoes, squash and radishes will keep for sometime. For additional items, look online for a winter farmer's market in your area. You can even find local & organic produce in your grocery store! At times, we may have microgreens and other things to sell over the winter and will let you know over e-mail and Facebook.*

What will the Red Wiggler staff and Growers be up to all winter?

*We'll be here! We use December to evaluate and plan before our winter programming returns January-March. The greenhouse will be full of greens and we plan to get outside as much as weather allows.*

### Butternut Squash and Lentil Chili **Veg, DF, GF**

- 2 Tbsp olive oil
- 4 cloves **garlic**, finely diced
- 2-4 sweet peppers, finely diced
- 1 large onion, finely diced
- 1 Tbsp chili powder
- 2 tsp oregano
- 2 tsp cumin
- Pinch of both nutmeg and cinnamon
- 1 tsp fine sea salt, plus more as needed
- 1 tsp freshly ground black pepper
- 1 medium **butternut squash** peeled and grated
- 1 cup dry lentils
- 2 cups diced tomatoes, frozen or canned
- 3 cups vegetable broth
- Water, as needed

In a large pot heat oil over medium-high heat. Add garlic, onions, and sweet peppers. Sauté for 5 min. Add spices and cook until the veggies are tender. Stir in shredded butternut squash and cook for 5 min. Add in lentils, tomatoes and broth. Add more water if needed to cover lentils. Bring to a boil, then reduce to a simmer. Cover and cook for 45 min (or until lentils are tender), stirring occasionally. Serve with a dollop of sour cream on top.



### Roasted Sweet Potato Salad **Veg, DF, GF**

Serves 4-6

- 2 small **sweet potatoes**, diced.
- ½ red onion, thinly sliced
- ¼ teaspoon ground black pepper
- ½ teaspoon ground cinnamon, divided
- ½ cup balsamic vinegar
- ¼ cup honey
- 2 tablespoons finely chopped **chives**
- 4 cups happy **arugula**
- Radishes**, sliced paper thin, to taste.

Preheat oven to 400 degrees. Toss sweet potatoes with onion, black pepper and ¼ teaspoon cinnamon in a medium bowl. Transfer to a parchment-paper-lined baking sheet and roast until tender, about 45 minutes. Meanwhile, whisk together vinegar, honey, remaining ¼ teaspoon cinnamon and chives in a medium bowl. Toss together arugula and radishes in another medium bowl. To serve, arrange arugula mixture on plates. Toss sweet potatoes in balsamic mixture, spoon over arugula and enjoy!