

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 1
Sept 11 & Sept 14

IN THE SHARE

"/" indicates choice

- Garlic
- Potatoes/Sweet Potatoes
- Tomatoes
- Okra/Squash
- /Eggplant
- Greens
- Hot peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

Cherry Tomatoes

RED:

Chives, Russian Sage, Marigolds, Mint, Rosemary, Lavender

GREEN:

Cilantro, Dill

ORANGE:

Gomphrena, Snapdragons, Parsley, Zinnias, Tithonia, Sorrel

PINK:

Cosmos, Basil, Salvia, Nasturtiums

YELLOW:

Sage, Lemon Balm

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 Events:

Saturday Morning Field Tours 10 am

Join us for a tour of the field. See, touch, and taste what's growing while learning about our programs and organic farming. Free for CSA members & \$5-\$10 for guests.

Dates: September 28, October 5, October 19

Welcome to the first week of the 2019 Fall CSA!

A few reminders to help us get off to a good start:

- Weekly pick-up (which includes the PYO) is from 2pm-5pm on Wednesdays and 9am-12pm on Saturdays.
- Remember to sign-in
- Can't make your pick-up? Send a friend or family member in your place. Remember to tell them the times of the pick-up window, that they should bring a bag and sign-in. No need to let us know ahead of time.

Farm Notes:

We're kicking off the CSA with the best of summer and fall. We still have tomatoes coming in, but it's finally cool enough for fall greens like arugula, kale, and mustards. We're at the very end of white potatoes and the start of sweet potatoes. If you see a greenhouse full of sweet potatoes, that is not our storage. Those potatoes are curing, which accomplishes a few goals.

During the process:

- Sugars develop resulting in a sweeter potato.
- Damage done to the fragile skins during harvesting can heal.
- The skins toughen, allowing for long-term storage.

In the PYO

We have ***all-you-can-pick cherry tomatoes this week***. We were very surprised to see the cherry tomatoes bounce back in yield and taste this week. It was so unexpected, there's more than we can pick on our harvest list this week. We're hoping some cherry tomato lovers will take advantage of the opportunity, as these plants will not last into the fall.

All the varieties are open for picking. Some of you might even choose to pick some green ones for pickling. Enjoy them before they're gone!



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Spiced Okra Curry **Veg, GF, DF**

BBC Good Food

- 5 tbsp. olive oil
- 1 cup onions, sliced
- 2 cups **okra**, trimmed, washed, dried and sliced into 2 inch pieces
- 2 **tomatoes**, diced
- 1 **hot pepper**, finely chopped, (keep seeds for more heat)
- 2 tsp ground coriander
- 1 handful **cilantro**, roughly chopped, to serve

Heat a large wok or frying pan over medium heat. Add the oil, then the onions, cooking until soft. Stir in the okra. Add the tomatoes and hot peppers. Mix well and keep stirring gently, taking care not to break up the okra.

Okra releases a sticky substance when cooked, but keep cooking, stirring gently – this will disappear and the tomatoes will become pulpy, about 10 min. Lower heat, add ground coriander and cook for another 5-10 min. Add 2 tbsp. water, cover and let simmer for another 4-5 min.

Sprinkle with cilantro and serve with basmati rice or Chapatti bread.



Pasta with 15-Minute Burst Cherry Tomato Sauce **Veg**

Epicurious.com

- Serves 4-6,
- 1 pound pasta
- salt
- 1/2 cup olive oil
- 2 large **garlic** cloves, finely chopped
- 3 pints **cherry tomatoes**
- 1/2 teaspoon freshly ground black pepper
- Pinch of sugar
- 1 cup coarsely chopped fresh **basil**
- Freshly grated Parmesan (for serving)



Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes. Toss pasta with tomato sauce and basil. Top with Parmesan.