

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 2
Sept 18 & Sept 21

IN THE SHARE

“/” indicates choice

- Garlic
- Sweet Potatoes
- Hot Peppers
- Okra
- Greens
- Beets/Turnips
- and More!

For Sale!

**Hot Peppers &
2nds Tomatoes**

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Chives, Marigolds,
Mint, Rosemary,
Lavender

GREEN:

Cilantro, Dill

ORANGE:

Gomphrena,
Parsley, Zinnias,
Tithonia, Sorrel

PINK:

Calendula, Basil,
Salvia, Strawflower

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

Farm Notes

Summer holds on for another week, and we have a few summer plants holding on as well. The heirloom tomatoes have slowed down, while the Roma paste tomatoes seem like they may produce for a little while longer. Cucumbers and squash are done for the year, but sweet peppers are still coming in. This is the time for summer and fall producing veggies like okra to shine.

All about Okra

Some call it slimy, others call it satisfying; and for some it's both. Luckily there's no wrong way to try it. Dip whole okra into your favorite dressing or hummus for a quick snack. Dry fry it with Indian spices for a crispy flavorful treat. If none of that appeals roast it, or sauté it with all your other veggies. Here are a few tips for getting more of the great okra flavor with less of the goo*:

- Cook okra at high heat
- Overcrowding reduces the heat, so don't over fill the skillet or pan
- Cook okra with tomato sauce. The acidity helps reduce the gel effect.
- Roast in the oven on high heat (425) or grill it until charred.

*Note: Goo is very beneficial in soups, stews, and gumbos

In the PYO: Calendula

This member of the marigold family has properties that appeal to the cut flower lover, herbal remedy enthusiast, and the curious at heart. Why?

- Calendula are long lasting in the vase.
- The petals can be used to make a skin soothing salve.
- Petals are also edible and can be tossed in your fall salad for a pop of color.



Grilled Okra w/ Spicy Soy Dipping Sauce **Veg, GF, DF**

From Tasteofthesouthmagazine.com



- 1 pound fresh **okra**
- 12 wooden skewers, soaked in water for at least 30 minutes
- ¼ cup extra-virgin olive oil
- 1 teaspoon salt
- ½ cup soy sauce
- 3 tablespoons honey
- 2 tablespoons fresh orange juice
- 1 tablespoon chile-garlic sauce (Sriracha)
- 1 tablespoon whole-grain mustard

1. Spray grill rack with nonstick, nonflammable cooking spray. Preheat grill to medium-high heat (350° to 400°).
2. Thread approximately 6 okra onto each skewer, piercing near the tops. Thread a second skewer through the bottoms of the okra. Repeat with remaining okra and skewers. Brush okra with olive oil; sprinkle with salt.
3. Grill over direct heat until tender and grill marks form, 3 to 4 minutes per side.
4. In a medium bowl, combine soy sauce, honey, orange juice, chile-garlic sauce, and mustard, whisking well. Drizzle 2 tablespoons sauce over grilled okra. Serve remaining sauce for dipping.

Sweet Potato Latkes **Veg, DF**

- 1 lb **sweet potatoes**, peeled and coarsely grated
- Small bunch of **chives** finely chopped
- 3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup vegetable oil



Stir together potatoes, scallions, flour, eggs, salt, and pepper. Heat oil in a deep 12-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 4, spoon 1/8 cup potato mixture per latke into oil and flatten to 3-inch diameter with a slotted spatula. Reduce heat to moderate and cook until golden, about 1 1/2 minutes on each side. Transfer latkes with spatula to paper towels to drain.