

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 3  
Sept 25 & Sept 28

## IN THE SHARE

“/” indicates choice

- Garlic
- Sweet Potatoes
- Winter Squash
- Greens!
- and much more!

**For Sale!**

**Hot Peppers &  
2nds Garlic**

## 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

We're done! The last fall transplants went into the ground on Monday. We have nothing left to plant in the field for this season's harvest except cover crop. Now we're just hoping for a bit of rain to make everything grow.

Walk by the greenhouse and you'll see benches laden with beautiful butternuts, pumpkins, and other colorful winter squash. These squash are **curing**.

After the harvest, winter squash (with the exception of acorns) are spread out in a warm place with good air circulation. Over a period of 2 weeks, the excess moisture in the squash evaporates. The result is a longer storage life and a sweeter flavor as the natural sugars are concentrated. The moral of the story is: not every vegetable is best eaten fresh from the fields. Some require just a little more time.

### In the PYO: Parsley, Sage, Rosemary, and Thyme

Feel free to sing "Scarborough Fair" while picking these 4 popular herbs in the PYO this week. We have all of these growing, but they won't be around for the entire season. Here are some options for this nursery rhyme bundle:

- **Storage:** Keep parsley in a glass of water in the fridge. Wrap sage, thyme, and rosemary in a paper towel and place in a bag in the fridge for up to 5 days.
- **Rub/Spread:** Pull the leaves off the stem and pulse in a food processor, add oil or butter and mix until well incorporated. Use this on bread, or add to your favorite roasted meats or veggies before the oven



# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Roasted Garlic Hummus Veg, GF, DF

Make a dip your veggies will be proud to dive into!



4 large **garlic** cloves, unpeeled  
2 tablespoons plus 1 teaspoon extra-virgin olive oil  
One 19-ounce can chickpeas, drained  
1/4 cup freshly squeezed lemon juice  
4 tablespoons sesame tahini  
3 tablespoons water  
1 teaspoon coarse salt  
1/4 teaspoon cayenne pepper  
1/4 cup fresh **chives**, minced

Preheat oven to 400 degrees. Place garlic cloves on a small piece of foil, and lightly drizzle with 1 teaspoon olive oil. Seal foil to form a pouch, and roast garlic in oven until soft, about 20 minutes. Remove the garlic from the oven, and allow garlic to cool slightly; peel and transfer to the bowl of a food processor. Add the chickpeas, and process until finely chopped.

Add lemon juice, sesame tahini, water, salt, cayenne pepper, and 1 tablespoon olive oil, and process until the texture is light and fluffy but not entirely smooth, about 2 minutes. Stir in chives, and transfer to a serving bowl. Serve with assorted slices of **kohlrabi, radishes, or turnips**.

## Sautéed Mustard Greens with White Beans and Garlic Veg, DF, GF

From [wholefoodsmarket.com](http://wholefoodsmarket.com)

2 tablespoons extra virgin olive oil  
3 cloves **garlic**, thinly sliced  
1/4 teaspoon crushed red pepper flakes  
1 bunch greens (**mustards or collards**)  
1 cup low-sodium chicken or vegetable broth  
2 cans no-salt added cannellini or other white beans, rinsed and drained  
1/4 teaspoon sea salt  
1/4 teaspoon ground black pepper



Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens (in batches if needed) and cook, tossing often, until wilted and bright green, 3-4 minutes. Transfer to a colander and drain well. Return skillet to heat.

Add broth to skillet and deglaze scraping up the brown bits. Add beans and simmer until hot throughout, 2-3 minutes. Return greens to skillet, toss gently with salt and pepper and serve.