

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 4

Oct 2 & Oct 5

IN THE SHARE

“/” indicates choice

- Garlic
- Sweet Potatoes
- Winter Squash
- Salad Greens
- Cooking 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, Thyme

GREEN:

Cilantro, Dill

ORANGE:

Gomphrena, Parsley, Zinnias, Tithonia,

PINK:

Calendula, Basil, Salvia, Strawflower

YELLOW:

Sage, Lemon Balm, Marigolds

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 Tour October 19, 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. RSVP in the barn at sign in.

Farm Notes

It's the end of our fiscal year on the farm, and a great time to reflect on progress and changes we've made. Over the past years, we've been able to significantly reduce our row footage of single-use plastic mulch. Instead, we keep the weeds down with straw, rye/vetch roll-down, and reusable landscape fabric, and thus are able to farm with less waste. We've also improved our soil and reduced erosion through planting cover crops. You'll start to see fields of rye, vetch, and oats replacing the fields that once held tomatoes and squash earlier this season.

Practicing environmental stewardship through sustainable farming practices is one of our core values. You, our customers, are an important part of that sustainability goal. By utilizing produce that doesn't fit with conventional grocery store shapes and sizes and composting food scraps, we work together to reduce the amount moving to the landfill. Thanks for helping us fulfill our mission!

In the PYO: A tribute to basil

It arrives just before the tomatoes and leaves soon after. Basil has added flavor to many of our dishes over the summer. It contributed a pungent sweetness to our Caprese Salads and transformed olive oil and garlic into beloved pesto. Before we say goodbye for the season, pick some farewell leaves while you still can.



RADISH TIP: Radishes bring the heat! They can generate a sensation between a slight tingle and sinus clearing. However, any raw radish can be tamed with a little patience. Wash and remove ends. Slice or chop radishes according to your preference. Place in a bowl of ice water and place in the fridge for 30-45 min. Rinse off a radish slice and taste it. If it's just right, rinse them off and use. If it's still too spicy return the bowl to the fridge. The longer it sits, the milder it gets.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Spaghetti Squash with Basil and Creamy Veggie Alfredo **Veg, GF, DF**

Adapted from onegreenplanet.org

For the Dish:

- ½ bunch of greens (**kale, collards, or chard**), finely chopped
- 1 cup mushrooms, diced
- 1 small onion, diced
- 1-2 tablespoons coconut oil/olive oil
- ¼ cup fresh **basil**, diced

For the Sauce:

- 1 head of cauliflower
- 2 cups almond milk*
- 5 **garlic** cloves, freshly crushed
- 2 tablespoons nutritional yeast*
- ¼-½ teaspoon salt, or to taste
- A pinch of cayenne pepper, or to taste



For the Spaghetti Squash:

- 1 **spaghetti squash**
- 1-2 teaspoons extra virgin olive oil

To Make the Spaghetti Squash Pasta:

Cut the spaghetti squash in half, and scrape out all the seeds from the inside. Rub olive oil on the inside of the spaghetti squash. Bake face down at 350°F for approximately 45-50 minutes. Use a fork to scrape the inside of the squash out to use as "pasta."

To Make the Sauce:

Cut the cauliflower into florets and boil in a large pot for about 15 minutes or until tender, then strain. Put the cauliflower, milk, nutritional yeast, salt, cayenne pepper, and garlic in a high-speed and blend until smooth and creamy.

To Make the Vegetables:

Dice the greens, onions, and mushrooms. In a saucepan, heat the oil over medium heat and sauté the greens, onions, and mushrooms until they are tender.

Combine the vegetables, spaghetti squash pasta, and cauliflower alfredo sauce. Toss with fresh chopped basil right before serving.

*For the non-vegan version substitute low-fat milk and parmesan cheese for the almond milk and nutritional yeast.

Bonus: Spaghetti Squash
is it's own serving dish!

