

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 5

Oct 9 & Oct 12

IN THE SHARE

“/” indicates choice

- Garlic
- Sweet Potatoes
- Hot Peppers
- Lettuce
- Cooking Greens
- Okra
- and much more!

For Sale! 2nds Garlic

PICK-YOUR- OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro
Chives, Mint

GREEN:

Cilantro, Dill

ORANGE:

Parsley, Sedum,
Sunn Hemp,
Zinnias, Tithonia,
Gomphrena

PINK:

Calendula, 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 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 & \$10 for guests. RSVP in the barn at sign in.

Farm Notes

It's fall! Sure, it's been fall for a few weeks, but we finally have the look and the feel of the season all over the farm. All the big tomatoes plants are out of the field and the cover crop is in. During the winter months, daikon radish, oats, rye, and triticale will hold the soil in place, prevent weeds, and add nutrients back to the soil through their decay.

Another sign of fall is the look of the PYO. Gomphrena, Salvia, and Strawflower, are the most colorful in the garden and keep the longest in the vase as well. They can even be dried.

In the PYO: Sunn Hemp

A beautiful addition to any bouquet, Sunn Hemp, is actually a cover crop with a stunning yellow flower and a velvety stem. It is easy to cut, and keeps well in the vase. It's currently the tallest flower in the PYO so it's hard to miss.



Sweet Potato Tip: At this point in the season you are probably beginning to accumulate a store of sweet potatoes. These potatoes will keep for a while if you treat them right. Here's what sweet potatoes need to reach their shelf life potential:

- Do not wash potatoes until your ready to use them
- Place potatoes in a cool, dark, well ventilated place, not in the refrigerator.
- The larger the potato the longer it will store. Use small potatoes first and keep the large ones for later
- Rather cook them now to use later? Sweet potatoes can also be frozen slightly undercooked and wrapped in foil, then put in a container, with final cooking completed when ready to eat.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Greens with Okra **GF, DF**

2 bunches of greens (**collards, mustard, kale**)
2 tbsp olive oil
1 large onion (chopped)
1 1/2 cups sliced **okra**
3 cloves of **garlic** (chopped)
Optional: 1 small **hot pepper** (chopped)
1 cup chicken stock
1 tsp vinegar
¼ teaspoon ground black pepper
Dash kosher salt, as needed



Wash the greens well and cut them up into narrow strips. Set aside.

In a large pot heat olive oil over medium heat. Add the onion to the pot and cook until lightly browned. Add garlic and hot pepper stirring for 1 minute.

Add the greens, a little at a time, adding more as they wilt. Add the chicken stock and vinegar. Cover and cook for 10 minutes.

Add the okra to the pot and continue cooking for about 20-30 minutes. Add seasonings, to taste, and continue cooking until greens are as tender as desired.

Cilantro Stem Green Sauce **Veg, GF, DF**

Using the stems as well as the leaves makes cilantro easier to pick and reduces waste. Use this sauce on meat and vegetable dishes that need a touch of summer flavor.

From savethefood.com

1/4 cup red wine vinegar or freshly squeezed lemon juice
Salt and freshly ground black pepper
1/2 cup fresh **cilantro** (stems and leaves or just stems)
1/2 cup olive oil or neutral oil, such as organic canola or grape seed
1/2 tsp ground cumin

In a blender or the mixing cup of a small food processor, combine the vinegar and a pinch of salt and pepper. Swirl a few times to dissolve the salt. Add the stems, olive oil, and cumin — puree. Adjust the seasoning to taste. Serve immediately or cover and refrigerate for up to 3 days.