

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 6
Oct 16 & Oct 19

IN THE SHARE

"/" indicates choice

- Garlic
- Pumpkin/ Sweet Potatoes
- Kohlrabi/Turnips/ /Radishes/Carrots
- Bok Choy
- Leeks
- and much more!

For Sale! 2nds Garlic

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Lavender, Russian Sage, Chives, Mint, Marigolds

GREEN:

Cilantro, Dill

ORANGE:

Parsley, Sorrell, Sunn Hemp, Gomphrena

PINK: Salvia, Strawflower

YELLOW:

Sage, Lemon Balm, Winter Savory, 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 -This Saturday!, 10am

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

Now that the fields are in fall produce mode, we say goodbye to the last of the summer crops. All the tomato plants are out of the fields and the rows of okra, hot peppers, and eggplant are the next to go. Want to see how the farm has changed, and learn where everything is growing now? Join the field walk this Saturday at 10am.

It's leek week! Leeks take a bit more time to clean, but are definitely worth the effort. There are two (and probably dozens more) popular ways to clean them.

Option 1: Clean then Slice: Cut the root end off each leek. Cut leeks into 4 inch long sections. Cut each 4 inch section in half lengthwise. Fill a bowl or deep baking dish with cold water. Rinse leeks in the dish, checking each layer for dirt. Lift out and slice per your recipe.

Option 2: Cut then Clean: Slice up leeks as if you're cutting them for your recipe. Fill a bowl or deep baking dish with cold water. Wash the sliced leeks in the dish making sure they all get submerged. Then set aside for a few minutes. The leeks should float to the top while the dirt and grit sinks to the bottom. Carefully lift leeks out of the water.

In the PYO: A guide to fall flowers

As the days get shorter, the number of flowers in the PYO goes down. Gomphrena, Russian Sage, and Strawflowers change status from filler flower to centerpiece. All 3 of these last for a while in the vase and can be dried. If picking Strawflowers to dry, pick them before the center opens, and they will maintain their shape.



Closed Strawflower ready to be picked for drying



Partially open Strawflower best used for fresh flower bouquets



Pumpkin and Sweet Potato Soup **Veg, GF, DF**

It's pumpkin week. It's finally time to roll out the pumpkins from the curing bench and into your homes. We are excited for each CSA share to get a pumpkin. We made out with just enough pumpkins for every share to get one, so there won't be any extra to sell this year. This recipe uses about half a pumpkin for those who want to split one with a CSA share partner.



- 2 cups **pumpkin** peeled, deseeded and chopped
- 3 cups sweet potato peeled and chopped
- 2 cups vegetable broth
- 1 large onion diced
- 1/4 cup coconut milk
- 1 tbsp coconut oil
- 2 cloves **garlic** minced
- 1 tsp high mineral salt
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp paprika
- 1/4 tsp chili powder

Add coconut oil to a large pot over medium heat until melted. Add onion and garlic and cook until onions sweat and brown slightly. Add all spices and stir until combined. Pour vegetable broth into pot and bring to a boil. Add pumpkin and sweet potato and boil on medium heat for 20 minutes or until potato and pumpkin are soft. Remove from heat and let cool for 20-30 min. Pour soup into a blender, add coconut milk and blend until smooth.

Pumpkin Skins **Veg, GF, DF**

A little pumpkin can go a long way. Did you know that you can use every part except for the stem? Give the seeds a good rinse and roast them with a bit of salt for an easy snack. The skins are edible, but don't soften as fast as the flesh. If you need to peel for your recipe, consider trying the recipe below.

1. Skin the squash. Carefully cut the skin off the pumpkin into long, thin slices – as thin as you can manage.
2. Add skins to a large bowl, sprinkle liberally with Kosher salt and toss well. Let sit for 10 minutes before baking to allow the salt to draw out some of the moisture in the raw pumpkin crisps.
3. Add a small amount of extra virgin olive oil and toss well. Better to add less oil than more. You want the pieces barely coated.
4. Spread peels in a single layer onto a rimmed baking sheet/pan.
5. Bake for 25-30 minutes in a 400 degree F oven (preheated first) on the top rack (one rack below broiler level).
6. Serve alone, alongside soup or with your favorite dip.

