

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 7  
Oct 23 & Oct 26

## IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash/  
Sweet Potatoes
- Root Veggies
- Bok Choy
- Greens
- Hot Peppers
- Leeks/Celeriac
- and much more!

**For Sale!**  
**2nds Garlic**

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

### RED:

Lavender, Russian Sage, Chives, Mint, Marigolds, Thyme

### GREEN:

Cilantro, Dill

### ORANGE:

Parsley, Sorrel, Gomphrena

PINK: Salvia, Strawflower

### YELLOW:

Sage, Lemon Balm, Winter Savory

## 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.

**It's Leaf Collecting Time!** Leaves are an important source of carbon for our compost pile. Carbon builds heat to break down food scraps, and masks the smell. We will gladly take leaves from untreated yards, in brown paper yard bags, from now until the end of the season.



## Farm Notes

We're in our 7<sup>th</sup> week of the 10-week fall season. Our first frost hit over the weekend, and did not significantly affect our crops. In preparation for the frost, we harvested every single hot pepper, sweet pepper, and eggplant before the weekend. Truly, the last of the summer crops are gone.

The one season-long hold out (besides our wonderful herbs) is Swiss chard. It starts in the spring, is one of the few greens available all summer, and continues straight thru fall. If we're lucky, it will even overwinter to be picked again once the snow melts.

There's another vegetable that has been growing all season and will finally get harvested this week. Celeriac is a funny looking root vegetable with a mild celery flavor and a starchiness that makes blended vegetable soups extra creamy. It was planted in June and will be harvested this week. At 4 months, celeriac comes in as our 2<sup>nd</sup> longest growing crop after garlic. Try it roasted, raw, or in a soup or stew.

*A Tip: peel and soak celeriac briefly in water with a little vinegar or lemon juice to prevent cut surfaces from darkening.*

## In the PYO: Winter Savory

There's a shy herb in the yellow PYO that's been waiting for your attention. It spent a good part of the season hiding behind some persistent weeds, but now it's free and ready to show off.



Use winter savory with stews, dried bean dishes, roasted meats, and potato salad. A small sprig goes a long way, so add a little at a time while cooking. This herb is a great complement to root vegetables and an essential in holiday stuffing. Feel free to ask a Red Wiggler staff for picking help if needed.

## Garlic Bok Choy **Veg, GF, DF**

- 1 tablespoon vegetable oil
- 2 **garlic** cloves, chopped
- 1 **leek** (white part only), cleaned and chopped
- 1 pound **bok choy**, rinsed, cut into quarters, with core intact
- 1 tablespoon reduced-sodium soy sauce.



Heat oil in a large skillet or wok over medium-high heat. Add garlic and leeks and cook, stirring, until fragrant, about 30 seconds. Add bok choy, soy sauce, and 2 Tbsp. water and cover immediately. Cook 1 minute. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

## \*Honey Glazed Carrots **Veg, GF,**

- 1 tbsp butter
- 1 **leek** (white part only), halved lengthwise, sliced and washed
- 1 pound **carrots**, sliced
- 1 cup apple juice
- ¼ cup honey
- 1 cinnamon stick
- 1 tsp ground cumin
- 2 tsp fresh **mint**
- ¼ tsp salt

Melt the butter in a medium saucepan over medium-high heat. Add the leek and cook for 2 minutes, or until lightly browned. Add the carrots and cook for 2 minutes, or until lightly browned. Add the apple juice, cinnamon stick, cumin, mint, and salt and bring to a boil. Reduce heat to low, cover, and simmer for 15 min or until carrots are soft. Remove cinnamon stick before serving.

## \*Kale Salad **Veg, GF, DF**

- 1 large bunch **kale**, thinly sliced
- ¼ cup olive oil
- 1 small red onion, thinly sliced
- 2 **garlic** cloves, minced
- 3 tbsp balsamic vinegar
- 1 **hot pepper** seeded and minced
- Salt
- Freshly ground black pepper

Put kale into a large serving bowl; set aside at room temperature. Heat the oil in a small saucepan over medium-low heat. Add the onions and garlic and cook for 6 minutes, or until very soft. Add the vinegar and hot pepper. Cook for 1 minute. Pour the mixture over the kale and toss well. Season with salt and black pepper to taste and serve immediately.

\* From the cookbook SIMPLY ORGANIC by Jesse Ziff Cool