

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 8

Oct 30 & Nov 02

IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
- Sweet Potatoes
- Beets/Turnips
- Greens
- Hot Peppers
- Celeriac
- Radishes

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.

Leaf Collection: Leaves starting to pile up in your yard? Bring us your leaves (from untreated yards only), and we'll turn them into nutrient rich compost.

Farm Notes

Green, Green, Greens! We see a lot of green on the farm all year round, but the many shades of green stand out even more in the fall while all the trees are changing around us. There's the green of the cover crop just poking up from the ground after our long awaited rain, the green of the herbs standing out in the PYO as the flowers die away, and of course the many green leafy vegetables coming to your plate this week.

Asian greens have been coming in very well after our first frost. Tatsoi and bok choy (also spelled pac choi) are both part of the cabbage family. You can use all of the stem and the leaf, so just the stump should be left when cooking. Tatsoi leaves make great salad greens, and bok choy can be thinly chopped to make a great salad base.

Bok choy is a nutrition powerhouse. It is a good source of folate, vitamin C, and beta-carotene. Unlike other fruits and vegetables it also contains selenium, an important mineral with a limited number of sources in our modern diets.

In the PYO: Chives



The chives are thriving in the PYO and it's the perfect time to pick them. The weather is a bit to cold for the weeds that typically grow in the chive patch, which means picking just got a whole lot easier. According to FoodNetwork.com, you should choose chives with a uniform green color, avoid those with signs of wilting or browning, and store in a plastic bag in the refrigerator for up to one week.

Chives make a great topping for soup, and all sorts of potato and egg dishes. It's easiest to use a pair of kitchen shears to cut the chives directly onto your dish. Alternatively, you can make a simple chive pesto using equal amounts of chives and parsley along with olive oil, fresh garlic and lemon juice (no cheese required).

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Sweet Potatoes and Celery Root **Veg, GF, DF**

- 1 medium **celery root (celeriac)**, peeled, cut into 1½" pieces
- 1 medium **sweet potato**, peeled, cut into 1½" pieces
- 2 tablespoons walnut oil or olive oil
- Kosher salt and freshly ground pepper
- 1 tablespoon cider vinegar
- 2 tablespoons chopped toasted walnuts (for serving)
- Fresh **thyme** leaves (for serving)

Preheat oven to 425°. Toss celery root and sweet potato with oil on a rimmed baking sheet and season with salt and pepper. Roast until celery root is golden and both vegetables are tender, 20–25 minutes. Toss the warm roasted roots with vinegar. Serve topped with walnuts and thyme.

Garlic & Greens Soup **Veg, GF, DF**

- 2 whole heads **garlic**
- 2 tablespoons olive oil
- 1 small **hot pepper** finely chopped (remove seeds for less heat)
- 4 cups vegetable stock
- 2 cups water
- 1 bunch, washed and roughly chopped **greens**, (Kale, Collards, Mustards, Bok choy. Any green will do)
- zest of 1 lemon, grated
- salt and pepper to taste



Preheat the oven to 400°F. Split 1 head of garlic into unpeeled cloves. Wrap garlic cloves together tightly with aluminum foil and roast in the oven for 30 minutes.

Heat the olive oil in a large pot over medium heat. Break up the cloves of the second head of garlic, then peel and finely chop or press each clove*. Add to the pot along with the chopped hot pepper. Sauté for 2 minutes, or until the garlic is fragrant but not browned. Add the vegetable stock and water. Bring the mixture up to a boil then lower to a simmer and cook gently for 30 minutes.

When the garlic is roasted, remove from the oven. Squeeze each of the roasted garlic cloves into a blender and mix until smooth with some of the cooking broth. (Alternative: put the peeled roasted cloves directly into the pot and mix everything together with an immersion blender)

Stir in the greens, cook for 15 minutes, then stir in the lemon zest. Season to taste with salt and pepper. Serve this immune boosting soup with a sprinkle of chives or parsley on top.

*To get the most nutrition out of your garlic, allow chopped garlic to sit for 10 minutes before exposing it to heat.