

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2019 Week 9
Nov 06 & Nov 09

IN THE SHARE

“/” indicates choice

- Garlic
- Winter Squash
- Sweet Potatoes
- Beets/Carrots
- Greens
- Hot Peppers
- Radishes
- and much more!

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Chives, Mint,
Thyme, Cilantro,
Dill

GREEN:

Dill Seed

ORANGE:

Parsley, Sorrel,
Gomphrena

PINK: 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.

We're Collecting! : 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




With a glaze of frost over the leaves and steam rising from the compost, we've had quite the cold spell after our first freeze last Friday evening. Luckily, very cold nights have turned into beautiful days as we continue our outdoor work. Along with the daily harvest, we started planting garlic! The garlic you're enjoying in your share this week was planted this time last year. Garlic is our longest growing crop, but we think it's worth the wait.

Freezing temperatures have varying effects on crops. Kale, collards, carrots and turnips have an improved flavor after few frosts. Frost resistant leafy greens such as kale react to cold by producing sugars which cover up any characteristic bitterness.

The flowers in the PYO are gone. Only seeds remain for those interested in planting flowers in their home gardens next year. The herbs, however, are doing well and are enjoying the cold. The sage and chives have never looked happier, and the cilantro is finally recovering from a rough deer encounter a few weeks ago. Pick enough for your share while leaving enough for others. The herbs don't grow quite as fast in cold temperatures.

Share Notes: Radishes

When you go to pick out radishes for your share this week, you might have a hard time choosing. Here's a short guide to help you choose

French Breakfast Radish	Great raw or roasted, usually paired with butter or cheese to make tea sandwiches	
Daikon Radish	An essential ingredient in kimchi, great on sandwiches, easy to pickle	
Watermelon Radish	Milder flavor, less peppery than most radish varieties, a visual treat for salads	

Roasted Beet Soup **Veg, GF, DF**

3 medium **beets**
2 tablespoons olive oil, plus more for drizzling
6 unpeeled **garlic** cloves
1 large leek or 1 medium onion, thinly sliced
1 teaspoon fresh **thyme** leaves
1 bay leaf
Coarse salt and pepper
2 tablespoons lemon juice

Directions

Heat oven to 400 degrees. Drizzle beets with olive oil and roast in parchment-lined foil until tender, about 1 hour. Meanwhile, drizzle garlic cloves with oil and roast in separate foil packet, about 30 minutes. Unwrap beets, let cool, peel, and quarter. Squeeze garlic from skin. Set aside.

Heat 2 tablespoons olive oil in a pot over medium heat. Add leek/onion and cook, stirring, until tender, 6 to 8 minutes. Add beets and garlic, thyme, bay leaf, and 3 cups water. Season with salt and pepper.

Bring to a boil, then reduce heat and simmer, 5 minutes. Discard bay leaf. Let cool slightly, then puree in a blender until smooth. Stir in lemon juice and adjust seasoning to taste.

Garlic & Greens Soup (Version 2) **GF, DF**

There's more than one way to combine garlic and greens in a soup. Here's another version of our favorite fall combo

Ingredients

2 tablespoons olive oil
4 cloves **garlic**, peeled and chopped
1 onion, chopped
6 cups chicken broth
1 (15.5 ounce) can cannellini beans, drained and rinsed
1 cup ditalini or other small pasta
1 bunch cooking greens (**kale, collards, mustards, chard**), washed, thick stems removed, roughly chopped



Directions

Heat the olive oil in a large stockpot over medium heat. Stir in the garlic and onions; cook and stir until the onions are transparent, 8 to 10 minutes. Add the chicken broth, increase the heat to high, and bring the mixture to a boil.

Stir in the beans, pasta and greens; lower heat to medium, and simmer, uncovered, until the pasta is al dente, or 8 to 10 minutes. Season with salt and pepper to taste.