

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2020 Week 1
September 16 & 19

IN THE SHARE

- Lettuce
- Cherry Tomatoes
- Hakurei Turnips
- Garlic
- Hot Peppers

Choice

- Kale or Chard

- Carrots, Sweet Potatoes, or Beets

- Choose 2 Summer Produce: Tomatoes, Okra, Eggplant, and more

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Cilantro, Mint, Oregano, Dill, Bee Balm, Chives, Russian Sage, Marigolds

ORANGE: Basil, Zinnias, Sorrel, Leaf Fennel

PINK: Parsley, Salvia, Zinnias, Sunflowers, Gomphrena, Celosia, Ageratum, Thai Basil, Italian Basil

YELLOW: Sage, Lemon Balm, Winter Savory,

Welcome to the Fall Season!

Thank you for joining us for this 9-week fall season. Here are a few reminders for a successful 1st pick up

- Bring a box, basket, or bag for your produce. We recommend a box especially for heavy root vegetables and winter squash.
- Please wear a mask on the farm at all times
- No more than 2 people per share at pickup and in the pick-your-own (PYO)
- For food safety please wash or sanitize hands before entering the PYO

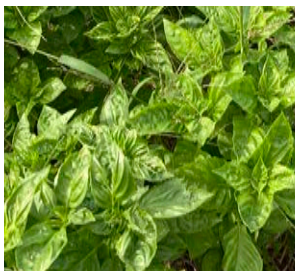
Farm Notes

The tops of trees are subtly changing color and the morning temperatures are dropping fast. It's fall! We celebrated the changing season with our first sweet potato harvest. This year the sweet potatoes are delicious, but have more surface damage than in previous years. For this reason we recommend using them during this fall season, instead of storing them for use in the winter and the coming year.



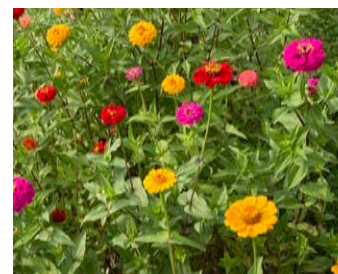
Recycle your boxes with us. As you know, we are committed to meeting the needs of our community by donating produce to our local group homes and food banks. You can help us do that by donating your used cardboard boxes. We will use the boxes to pack and deliver our donations. Boxes of all sizes help.

In the PYO: Basil, flowers, and other signs of summer



We've had a great basil season this year; so, the drop in temperature this week is a good reminder that basil won't be around forever. This is a great week to harvest and dry basil or freeze pesto in order to use it in recipes for the rest of the season.

Right now the summer flowers are still thriving and stealing the show in the pick-your-own. By the end of the season flowers will give way to hearty herbs such as oregano and sage. Until then, there are some beautiful cosmos, zinnias, and filler flowers all over the PYO. To ensure there is enough for all, build a bouquet with 3 to 5 feature flowers (ex: 1 sunflower and 3 zinnias) and thicken the bouquet with our abundant filler flowers (gomphrena, marigolds, cosmos, ageratum, Russian sage).



Whole Roasted Okra Veg, GF, DF



From NY Times Cooking

This is an incredibly simple way to eat and enjoy okra. This recipe leaves room for you to add your own favorite spices if you wish.

1 pound **okra**, washed thoroughly in cold water
2 tablespoons olive oil
Salt and pepper to taste

Preheat the oven to 450 degrees. Rinse the okra, and drain on a kitchen towel. The okra should be dry. Trim away the stem ends and the tips (just the very ends) and then place the okra in a large bowl. Salt to taste, and toss with the olive oil until coated.

Lift the okra from the bowl, leaving behind any excess oil. Place on a sheet pan in one layer. Roast in the oven for 15 minutes (large okra might take a little longer), shaking the pan every five minutes. The okra should be lightly browned and tender, with a nice seared aroma. If you don't want it to brown as much, set the oven at 400 degrees.

Remove from the heat, toss with freshly ground pepper. Transfer to a platter. Serve hot.

Stir Fried Kale with Tomatoes GF, Veg, DF

Adapted from FoodandWine.com. Fall and summer crops are together in one dish! We're very excited to be able to offer cool season greens and tomatoes in the same week. Make the most of this unusual treat with this recipe.



2 tablespoons extra-virgin olive oil
½ medium onion, sliced
2 cloves **garlic**, minced or crushed
1 bunch **kale** or other **cooking green**, destemmed and chopped
1 cup **cherry tomatoes**, sliced in half
2 teaspoons soy sauce
1/2 teaspoon sesame seed oil
1/2 teaspoon dried thyme
Kosher or sea salt, to taste
Fresh cracked black pepper, to taste

Heat a large skillet over medium-high heat. Add the oil and then stir in the onions. Cook for about 2 minutes or until the onions are soft. Add the garlic and kale and stir occasionally cook until the kale is softened, 2 to 3 minutes. Stir in the tomatoes, soy sauce, sesame seed oil and thyme. Cook until heated through. Season with salt and pepper and serve hot.