

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2020 Week 2
September 23 & 26

IN THE SHARE

- Lettuce
- Cooking Greens
- Garlic
- Hot Peppers

Choice

- Carrots, Sweet Potatoes, or Beets
- Summer Produce: Tomatoes, Okra, or Sweet Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Zinnias,
Sorrel, Leaf Fennel,
Sunflowers

PINK: Parsley,
Salvia, Zinnias,
Sunflowers,
Gomphrena, Celosia,

YELLOW: Sage,
Lemon Balm, Winter
Savory, Rosemary

Farm Notes

It is officially fall as of September 22. If you've ever wondered what an early fall week looks like for us, here is a rundown. This **Monday** we focused on summer crops, harvesting sweet peppers in preparation for the coming frost. On **Tuesday** we picked root vegetables for the CSA and harvested 800 row feet of sweet potatoes.

Wednesday means harvesting greens for the afternoon pick-up. **Thursday** is the day we deliver produce to our local food bank partners, continue harvesting, and catch up on some weeding. Finally, on **Friday** we harvest greens for the **Saturday** morning pick-up. And that's a week on the farm.



This week we said goodbye to our tomatoes. The cold evenings ended the harvest season for this summer favorite, but we cleared the tomatoes to make room for garlic and cover crops. We plant garlic at the very end of October to be harvested the following summer. We'll plant a cover crop of oats and peas as well. This grain and legume combo will hold the soil in place to prevent erosion and nutrient loss. This is essential for having our fields planting ready next spring.

Sweet potato sorting is also an activity that was peppered through the week. We're still not thrilled about the surface damage we are seeing on the potatoes. Again, we are recommending that the potatoes are used within 1-2 weeks instead of being held for months.

In the PYO: Oregano

This season our oregano patch really took off. Enjoy fresh oregano this fall with some of these ideas from thekitchn.com

- o Finely mince 2-3 tablespoons of oregano and knead it into bread dough for a rich aromatic dinner loaf.
- o Add 1-2 tablespoons of chopped oregano to ground meat, for a brighter tasting burger
- o Add to beans to impart an earthy flavor
- o Pesto! Yes oregano, also makes a great pesto. Blend with olive oil and garlic and add to salads or toss it into roasted vegetables



Easy Sweet Potato Curry Veg, GF, DF

Adapted from Jessicainthekitchen.com

- 2 tablespoons coconut oil
- ½ large red onion finely diced
- 2 cups of fresh **tomatoes** diced (if using canned, drain the tomatoes)
- Salt and pepper to taste
- 3 **garlic** cloves minced
- 1 ½ tablespoons garam masala
- 1 teaspoon curry powder
- ¾ tablespoon paprika
- ¼ teaspoon cumin
- 1 cup cooked chickpeas
- 1 lb **sweet potatoes** or 3 cups, peeled and cubed into 1 inch pieces
- 13.5 ounces/383g can coconut milk*
- juice of 1 small lime
- 3 cups roughly chopped **kale**, spinach, or another **cooking green**



In a deep pot over medium-high heat, add the coconut oil.

Add in the onions and tomatoes. Grind some salt and black pepper over the mixture and stir together. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft, for about 10 minutes.

Add in the chickpeas and the sweet potatoes, stirring to combine. Add in the garlic, garam masala, curry powder, paprika and cumin. Stir for about 30 seconds in the heat, until the spices become fragrant.

Add in the coconut milk and stir again. Bring the curry to a boil, and then reduce to medium-low so that the mixture continues to simmer for about 20 to 30 more minutes until the sweet potatoes are fully cooked through and are fork-tender.

Stir in the spinach and squeeze a lime lightly over the top of the curry (don't skip the lime!), stirring to combine. Remove the curry from the heat. Taste the curry and season with more salt and pepper if you desire. Allow to cool slightly and for the spinach to wilt in the heat until wilted (about 3 minutes), then serve. Enjoy!

A Reminder: Our not so compostable bags



Earlier this year we decided to move away from plastic bags and ordered a full season's worth of plant based bags. The bags we are using can be placed in industrial compost, but not in our farm compost buckets. For produce also we've noticed these bags tend to dry out leafy greens faster than our old vented plastic bags. We recommend transferring greens from these bags to another container if you plan on storing them for more than 2-3 days.