

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2020 Week 4
Oct 7 & Oct 10

IN THE SHARE

- Garlic
- Green Onions
- Hot Peppers
- Kale
- Radishes

Choice

Choose 2: Cooking Greens

Choose 1: Spaghetti Squash or Sweet Potatoes

Choose 1: Hakurei Turnips or Kohlrabi

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,

Farm Notes

Thank you for all the boxes you've brought over the last few weeks! If you have more cardboard boxes to share, keep them coming. With your help we were able to send over 850 pounds of field damaged sweet potatoes to DC Central Kitchen and So What Else Inc. DC Central Kitchen serves meals featuring local "ugly" produce. During the pandemic they have extended their reach to provide even more meals to shelters, senior centers, other non-profits, and 9 schools in DC continuing to serve free lunches to students during distance learning.

So What Else Inc. is a non-profit afterschool program in Rockville that began a food pantry in response to the increased need during the pandemic. They serve hundreds of families each week. Thank you for your help in supporting these partners.



A wonderful volunteer with So What Else Inc. picks up a van full of sweet potatoes and cooking greens to bring to the pantry.

Meet the Greens

There are a lot of cooking greens in the fall farm plan and plenty of options for how to use them. Here are just some of the greens we're growing this season:



Lacinato Kale, aka Dinosaur, Italian, or Tuscan kale. Thinner and more tender than its curly relatives, it can be used cooked or raw. Remove the stem and slice it thinly for a slaw, or stir into soup or pasta at the end of cooking.

Tokyo Bekana Cabbage New this season! This non-heading cabbage is often grown in the summer as an alternative to lettuce. It has mild chartreuse leaves and a white crisp, crunchy spine. Use for salads, toss it in to the end of a stir-fry, or shred and wilt it into a creamy potato soup.



Green Wave Mustards. The assertive peppery flavor of mustards make them a great option for pairing. Add flavor and depth to white bean stews, frittatas, or creamy casseroles. Alternatively you could mellow them out with other greens. Try sautéing mustards and kale together for a balance of flavors.

Oven Baked Sweet Potato Fries Veg, GF, DF

Great for sweet potatoes large and small, the recipe isn't complicated, but the steps ensure crispy delicious fries everytime. From Gimmesomeoven.com



1 pound **sweet potatoes**, peeled
2 tablespoons olive oil
2 teaspoons cornstarch
1/2 teaspoon garlic powder
1/2 teaspoon smoked paprika
1/2 teaspoon freshly-cracked black pepper
fine sea salt, to taste

Slice your sweet potatoes into long, thin strips, about 1/4-inch wide. It's important that the fries are uniformly sized for even cooking. Add the fries to a large bowl of cold water and soak for at least 30 minutes (or up to overnight). Preheat the oven to 425°F. Line a large baking sheet with parchment paper, or mist with cooking spray. Set aside.

Drain the fries, rinse out and dry your bowl of water, then blot dry the fries with a clean towel. Add the fries back to the clean bowl. Then drizzle evenly with the olive oil, and toss until they are evenly coated. In a separate small bowl, whisk together the cornstarch, garlic powder, smoked paprika and black pepper until combined. Sprinkle the mixture evenly over the bowl of fries, then toss until the fries are evenly coated and the cornstarch has soaked into the oil.

Spread the fries out in an even layer on the prepared baking sheet. Be sure that the fries aren't overlapping, or else they will not cook evenly. Bake for 15 minutes. Then remove pan from oven and flip each fry with a spatula. Rearrange so that the fries are evenly spaced and not overlapping again. Then bake for 10-15 more minutes, or until the fries are crispy and have begun to brown a bit on the tips. Transfer the baking sheet to a cooling rack, sprinkle with your desired amount of salt, then let the fries rest for 5 minutes. Serve warm.

How to Cook a Spaghetti Squash GF, Veg, DF

From the blog cookieandkate.com

To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up. Use a very sharp chef's knife to cut off the top and bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.

Use a large spoon to scoop out the spaghetti squash seeds. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.

Bake for 40 to 60 minutes, until the cut sides are turning golden and are easily pierced through with a fork. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.