

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2021 Week 1  
September 15 & 18

## IN THE SHARE:

“ / ” Indicates Choice

- Carrots/Tomatoes
- Radishes/Beets
- Acorn Squash/Potatoes
- Hot Peppers
- Cherry Tomatoes
- And More!

## PICK-YOUR-OWN

Blue flag in field indicates ready to pick.

RED: Mint, Oregano, Chives, Cilantro, Peppermint, Spearmint, **Dill Seeds**, Russian Sage, Lavender

ORANGE: Fennel, Gomphrena, Stative, Basil, **Ground Cherries**, Marigolds, Cosmos

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum, Lemon Basil, Thai Basil, Dill, Cilantro, **Sunflowers**, Tithonia, Double-Bloom Cosmos

YELLOW: Sage, Winter Savory, Lemon Balm

**Bold** = get them before they're gone!

Ask a Red Wiggler staff for help finding any of these in the PYO.

## Welcome to the Fall CSA Share!

We are so glad to have you back for the Fall CSA Share, or if you're a new member this season, we are thrilled to welcome you! It's been a while since the Muffin-Luck and member orientation, so here's a link to our Member Handbook, in case you have any burning questions before your first pick up tomorrow:

<https://redwiggler.org/wp-content/uploads/2021/01/2021-CSA-Member-Handbook.pdf>

Join the CSA Facebook Group: <https://www.facebook.com/groups/RWCFCSA/>

## FARM NOTES

Being from the West Coast, I love the very distinct seasons we get here on the East Coast. But when it comes to veggies, I love the transitions between seasons even more. We're in the middle of the summer to fall transition right now, so you can have tomatoes AND radishes, acorn squash AND sweet peppers. You may find yourself with less enthusiasm for things like tomatoes and peppers than you had a few months ago, but savor them while you can. Before you know it, the transition will be over, and we'll be fully into fall. So, have yourself another tomato sandwich and dream of sweet potatoes, kale, lettuce and all the other fall crops to come!

## THANK YOU by DAVID RUCH

Me and the Red Wiggler staff would like to thank all the interns and the volunteers and the crew leaders and the schools and the organizations that helped us out in the past seasons. They helped us a lot with weeding, harvesting our vegetables, transplanting, seeding, watering, spreading woodchips, laying down compost, and prepping the beds. The interns also helped out with sorting the vegetables, and Leisure World [farmers market] and the events we had on the farm.

I love teaching the interns every year, and I love teaching new volunteers. I get to teach the interns how to thin and seed, how to use a shuffle hoe, how to string tomatoes, and how to water plants outside the greenhouse. I also get to teach the interns how to use the Dibbler [a device that aids planting/spacing of plants], and space the Dibbler for the right plantings.

I've been working at Red Wiggler Community Farm for 12 years and I encourage you to come out and volunteer and take a tour of the farm, and I will teach you something new!

Interested in learning more about Red Wiggler?

Take a farm tour on October 9<sup>th</sup> with our Executive Director, Woody Woodruff, and learn all about our farm, our mission, and how you can get involved.

<https://redwiggler.org/civcrm/?civiwp=CiviCRM&q=civcrm%2Fevent%2Fregister&id=157&reset=1>

### Roasted Potatoes, Fennel & Radishes with Lemon Brown Butter Sauce **Veg, GF**

Just about every vegetable benefits from roasting, even radishes! But most people think of radishes as a raw food, to be eaten in salads. Roasting radishes mellows the heat, caramelizes the sugars, and gives them a lovely tenderness. Give them a try using this recipe, or add them to your favorite roasting mix. --Adapted from [thekitchn.com](http://thekitchn.com)

- **1 pound potatoes**
- Olive oil
- Salt and pepper
- **1 bunch radishes**
- 1 medium fennel bulb (no fronds)
- ¼ cup unsalted butter
- 1.5 tablespoons lemon juice
- ½ teaspoon Dijon mustard
- ½ teaspoon maple syrup
- **Dill fronds for garnish**

1. Heat oven to 450°F. Dice the potatoes to desired size lengthwise and toss with olive oil in a large bowl. Sprinkle generously with salt and pepper. Spread the potatoes on a large baking sheet and bake for 10 minutes or until barely tender.
2. While potatoes are roasting, trim the tops and bottoms of the radishes, and quarter them lengthwise. Trim off the top and bottom of the fennel bulb and slice in half lengthwise, then quarter each half and cut the quarters into pieces about 1-inch-wide. Toss the fennel pieces and radishes in the bowl with a bit more olive oil, salt and pepper.
3. When the potatoes are just beginning to get tender, spread the radishes and fennel on the baking sheet and toss to combine. Return the vegetables to the oven and roast for an additional 10 to 15 minutes or until the fennel and radishes are tender and juicy but not yet soft.
4. While they are roasting, heat the butter in a small saucepan over medium heat until it melts and then browns, about 5-6 minutes. Remove from the heat and carefully whisk in the lemon juice, mustard, and maple syrup. When the vegetables are done, toss with the sauce and spread on a platter or in a bowl and garnish with dill leaves. Serve immediately.
5. Don't love radishes? This recipe works with beets too! Just switch out the bunch of radishes for beets.



### Save those Greens!

Did you know you can eat radish and beet greens? Yep! Here are a couple of tasty ways to use them. Sauté them with a little oil, butter or—my favorite—bacon grease, for a quick and easy side dish. You can serve them on their own, or next to the roasted radishes or beets they used to be attached to. You can also make pesto with them. Use instead of, or split 50/50 with basil for a fresh new take on pesto!