

## IN THE SHARE:

“ / ” Indicates Choice

- Turnips/Beets/Radishes
- Eggplant/Okra/Tomato
- Squash/Potatoes
- Garlic/Hot Peppers
- Cooking Greens
- And a PYO treat!

## PICK-YOUR-OWN

Blue flag in field indicates ready to pick.

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

**ORANGE:** Fennel, Gomphrena, Statice, Basil, Marigolds, Cosmos

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

**YELLOW:** Sage, Winter Savory, Lemon Balm

PYO FUN! GLEAN CHERRY TOMATOES IN UPPER FIELD!

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

## FARM NOTES

Signs of fall are popping all over the farm these days. The first leaves are falling from the trees, and folks are starting to don their Red Wiggler sweatshirts at our morning meetings! The tomato vines are starting to look a bit tired (sigh), but the cooking greens and lettuce are perky and bright (yay!) on these new cool mornings. This is another transition week—enjoy the last gasps of summer crops like eggplant, tomatoes, and potatoes; savor the tender flavor of the first fall cooking greens; and revel in the fleeting abundance of herbs and flowers in the PYO gardens.

## FLOWERS BEFORE FOOD

Who doesn't love a beautiful vase of flowers on their kitchen table? To get (or give!) a bouquet of flowers from someone special? Our PYO garden is full of gorgeous flowers that are grown for just that purpose. But what about all the flowers that come before food? Many of the “fruits” of our labor here on the farm follow a flower, often just as beautiful as the cut flowers we grow. Here's a little photo ode to the unsung beauty of the flowers that never make it to the kitchen table. Instead, they enable the yummy food that ends up on our plates, through pollination and fertilization. And THAT is a beautiful thing!



Keep Abreast of What's Afoot!

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

### Italian Spaghetti Squash GF

In my humble opinion, spaghetti squash is perpetually underrated. It's a delicious and fun squash in its own right; and just like the name implies, it can take the place of pasta when topped with your favorite sauce. Here's an easy recipe that gives the feel of eating lasagna, without all the gluten!

--Adapted from delish.com

- **1 spaghetti squash**
- Olive oil
- Salt and pepper
- 1/2 lb ground beef or loose Italian sausage
- 1/2 cup tomato sauce
- 1/2 cup shredded mozzarella cheese
- 1/2 tsp fresh Italian herbs (optional)

1. Preheat oven to 400°. Cut squash lengthwise and scoop out seeds. On a large baking sheet, rub insides of squash with olive oil and season generously with salt and pepper.
2. Bake until fork-tender, usually 35-45 minutes. Remove from oven and turn on broiler. Let cool enough to handle, then shred squash with a fork, leaving it in the shell.
3. While the squash is cooking, brown the ground beef or sausage in a medium skillet over medium heat. Drain meat if desired, then add tomato sauce. Stir mixture.
4. Divide meat and sauce mixture between squash halves, and top with cheese and chopped herbs. Broil until cheese is browned and squash is warmed through, 4 to 5 minutes. Serve hot.



### Your Favorite Cooked Greens GF, DF, Veg

Less recipe and more guidelines, this is the go-to greens method at our house. We just use whatever we have on hand, and it's always delicious. My favorite way to enjoy cooked greens is actually for breakfast. Nothing starts the day like a pile of savory greens topped with a farm-fresh fried egg! What's your favorite? Try a few combinations of greens, fat, vinegar and seasonings and see what you love. You can't go wrong on this one!

You'll need:

- **Your favorite cooking green (kale, collards, mustards, turnip greens, chard, etc.)**
- Your favorite fat (oil, butter, bacon grease)
- Your favorite vinegar (apple cider, rice wine, balsamic, red wine, etc.)
- Your favorite seasonings (salt, pepper, soy sauce, sesame oil, nutritional yeast, fish sauce, etc.)

Remove greens from stems and coarsely shred. Heat fat (approximately 1 tbsp for each 1/2 pound of greens) in a large sauté pan over medium-high heat until fat is shimmering. Throw greens into pan and stir quickly with a spatula. Keep moving the greens around until they're wilted and cooked through, 2-3 minutes. Remove from heat and add a splash of vinegar, and any seasonings you like. Taste and adjust as needed. Serve immediately.