

IN THE SHARE:

“ / ” Indicates Choice

- Lettuce
- Root Veggies/
Eggplant/Okra/Peppers
- Sweet Potatoes
- Green Onions/Garlic
- Cooking Greens

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, Sorrel, Celosia, Snapdragons

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

YELLOW: Sage, Winter Savory, Lemon Balm

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

FARM NOTES

With only about 3 weeks until the possibility of frost, we're trying to squeeze as much into our days as possible around here. Most root veggies need to come out of the ground before that time, so we're harvesting lots of beets, carrots, turnips, radishes and kohlrabi to store into late fall. Some greens can handle light frost if protected properly, but things like lettuce and napa cabbage won't, so we'll be picking those soon too. We're finishing up the winter squash and sweet potato harvests this week. And we'll be picking okra, eggplant and peppers as long as the temperature allows. Leeks are just about ready to harvest, so they'll be making an appearance in the share soon, as will more of those delicious green onions. The end of the season is in sight, but if we play our cards right, there's still plenty of bounty to be enjoyed!

FOOD RECOVERY WEEK

Did you know that one of the most impactful things you can do to combat climate change is eat your dinner? That's right, eat ALL your dinner. And ALL your breakfast and lunch too! I'm talking about food waste, and what you can do about it. It's [Food Recovery Week](#) in the DMV, so let's talk about why being a part of the "Clean Plate Club" really can help save the world!

Over 80 billion pounds of food go to waste in America every year. That's 30-40% of the total US food supply! That's like each one of us throwing 650 whole apples into the trash, every year. That's a lot of apples! Most of that food waste ends up in landfills, where it takes up more room than any other type of trash, accounting for almost 25% of total landfill space.

And if you think all this food waste is happening on farms or in factories, think again. Most food waste in the US, over 40% of it, happens with the end consumer—in our homes. The average American household wastes \$1600 worth of food every year. The good news is, because so much food waste happens in the home, we consumers can do something about it.

- **Use what you buy; buy what you use.** The easiest way to fight food waste is simply to use the food you buy. For example, if you don't get through a gallon of milk before it goes bad, consider switching to half gallon containers. Conversely, have a plan for what you buy so it doesn't spoil in the fridge before you use it.
- **Freeze things you can't use in time.** Most fruits and veggies can be blanched and frozen. Meats can be refrozen safely if they didn't spend time outside the fridge. Or make a crockpot meal and freeze that for later use.
- **Share the wealth.** Donate to local food banks or soup kitchens, bring leftovers to friends and neighbors, take leftovers to work for lunch instead of eating out.
- **Compost!** We make it easy to fight food waste by providing CSA members with compost buckets. If you don't yet compost at home, please consider it. Talk with any of us at CSA about how to get started.

Blanched Frozen Cooking Greens from Melissa's Kitchen **DF, GF, Veg**

Over the next few weeks, your share will include a variety of cooking greens. In the spirit of Food Recovery Week, I want to share a way to preserve the greens for winter if you don't have time to use them in the week of pickup. This method blanches the greens, deactivating the enzymes which would cause them to lose nutrition in storage.

Materials

- One bunch of greens
- A large cooking pot, 6-8 quarts
- Knife and cutting board
- Colander
- If you don't have a double sink, prepare a 2nd large pot to use as a sink.
- Freezer containers

DIRECTIONS

1. Start about 6 quarts of water on the stove on high heat to boil.
2. While the water is heating, remove the stems of the greens, and chop to your preferred size. Think about the way you'll want to use them, and make the pieces "ready-to-cook" for your recipes. 1" strips are good for quiche or scrambled eggs. 1/4-1/2" shreds are good for dropping into hot soup or a stir fry.
3. Clean one side of your kitchen sink and fill it with very cold water. If you don't have a double sink, fill a large pot with 6-8 quarts of cold water and leave your sink open. You can add ice cubes if your tap water is not cold to the touch.
4. Set the colander in the open sink. This will be to drain the greens out of the boiling water.
5. When the cold water, colander, greens, and boiling water are all ready – you're set!
6. Drop the chopped greens in the boiling water and stir to cover. Keep stirring and watching for boil-overs for 2 minutes. Turn the heat down if needed to prevent a boil-over.
7. After 2 minutes, pour the boiling greens through the colander to strain them.
8. Immediately transfer the hot greens into the cold water. The faster they get cold – the more nutrients you preserve!
9. Once the greens are cold, squeeze out the excess water and pack them tightly in containers. My favorite method is to pack the greens in a thin layer in a one gallon silicon (or Ziplock) bag. The thin layer will be break-able so that I can use just part of the packet for a single serving.
10. Transfer the freezer containers into your freezer right away.
11. Use the greens over the winter, making sure to use them all up before spring greens return.

HOW TO HAVE A KITCHEN CLEAN-UP DINNER

Every week or so, my family has leftovers for dinner. I go through the fridge and pull out anything that looks like it's on its way out: sad veggies, little bits of leftovers that didn't get finished, iffy dairy products, even condiments that are almost gone. Then, I look at what I have, and make something up! It actually one of my favorite nights to cook, because I get to be creative, and the results are usually delicious! Here are some tips for making leftovers into something special.

- Burritos, tacos or nachos work really well for using leftovers. Mix all your leftover bits, sauté veggies that need using, toss in some taco seasoning, and you're good to go.
- Eggs also make any leftovers better. An easy and delicious meal is leftover rice or potatoes, and whatever greens and veggies you have, topped with a fried egg. The yolk helps meld all the flavors and feels decadent!
- Casseroles are leftover magic! Throw all the leftovers in a casserole dish with pasta, rice or potatoes, then pour in a can of cream of mushroom soup (or whisked eggs if you want a more quiche-like finish), top with cheese, and bake until set.