

IN THE SHARE:

“ / ” Indicates Choice

- Lettuce
- Root/Summer Veggies
- Pumpkins
- Leeks/Garlic
- Cooking Greens

PICK-YOUR-OWN

Blue flag in field indicates ready to pick.

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

ORANGE: Fennel Seeds, Gomphrena, Statice, Basil, Cosmos, Cosmos Seeds, Celosia, Snapdragons

PINK: Zinnias, Salvia, Ageratum, Lemon Basil, Thai Basil, Basil, Dill Seeds, Tithonia, Double-Bloom Cosmos, Marigold Seeds, Sunflowers, Sunflower Seeds

YELLOW: Sage, Winter Savory, Lemon Balm

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

FARM NOTES

Even though we're only halfway through our Fall CSA, we're already planning ahead for winter, and even next year. You can see some of the planning we're doing when you walk through the PYO Gardens. Down in RED, look for tiny little cilantro and dill seedlings coming up in the beds covered with deer netting. Those little plants will actually overwinter, and provide Spring CSA members with fresh herbs. Same with the calendula and parsley in PINK, and the snapdragons and love-in-the-mist in ORANGE; we'll mulch and cover them, and they will provide some of the earliest flowers and herbs next Spring. We also save seeds from many of our flowers: marigolds, cosmos and sunflowers are easy to collect and save seeds for future planting.

You can make some plans for the future, too. And the PYO can help! Collect dill and fennel seeds to use as spices this winter, or to plant in the Spring. Marigolds, sunflowers and cosmos are also developing seed heads that can be collected and saved for next Spring. So, take a few minutes this week to make some plans!

SIMPLE SEED SAVING

Marigolds: Harvest the seed heads when the petals are dry and the base of the pod is turning brown. Just snip the heads completely off the stems, and do the next steps at home. Lay out some paper towels on a table, then gently pull the petals and leaves out of the seed pod and compost them. Take each seed pod and pry it open, loosening the long, slender seeds. They are dark on one end and light on the other end. Separate all the seeds from their pods, and lay out to dry, away from direct light, for a week or two. Store over winter in a paper envelope in a cool, dark, dry place, then plant after first frost next Spring.

Cosmos: After the petals fall off cosmos, they will form a seed head that looks a little like another flower is about to bloom. But what will come out of this head are lots of long, pointy green seeds that will soon turn brown. When the seeds are ready to harvest, they look a little like a firework on top of the stem. Harvest the whole seed head, or just hold a bowl under the stems and break the seeds off into the bowl. Spread the seeds out onto paper towels and allow to dry for 2-3 weeks. Store over winter in a paper envelope in a cool, dark, dry place, then plant after first frost next Spring.

Dill and Fennel: both dill and fennel seeds can be harvested once the flowers have begun to dry out and turn brown, but before the seeds begin to drop off the plant. Cut off the entire seed heads and put them, seed-side down, into a paper or cloth bag. Hang the bag in a cool, dry location for a couple of weeks until the seed heads dry out completely. The seeds can then be fully removed by shaking the stalks inside the bag. If the seeds don't seem completely dried out, lay them out in a single layer on paper towels for a few days or put them in a dehydrator set on low for a few hours. The seeds can then be stored in an airtight jar or paper envelope to use through the winter or plant in the Spring.

Candied Fennel Seeds **DF, GF, Veg**

One of my favorite things about eating at an Indian restaurant is the little dish of candied fennel seeds awaiting you when you leave. I always grab a spoonful of these little delights, and revel in their sweet, licoricey brightness. Give this simple version a try with your newly collected and dried fennel seeds from the PYO this week. Enjoy at the end of a rich or spicy meal, or sprinkle on salads, desserts or yogurt.

INGREDIENTS

- **3 tablespoons fennel seeds**
- 2 tablespoons sugar
- 2 tablespoons water

DIRECTIONS

1. In a small saucepan, bring the water and sugar to a boil for several minutes, until the mixture is syrupy.
2. Reduce the heat to medium, and add the fennel seeds.
3. Keep stirring for several minutes, until the mixture crystalizes. This will happen from one moment to the next, and the seeds will look almost dry.
4. Remove from heat, and stir several more times to make sure the seeds are all separated.
5. Spread the seeds on parchment or waxed paper for a few minutes to cool.
6. Store in an airtight container and use within 2 months.

Roasted Pumpkin Soup **DF (options), GF, Veg (options)**

The pumpkins in this week's share are meant for eating, not carving. They are sweeter and more fleshy than a carving pumpkin. So, go get a big pumpkin from the store, then make this tasty soup to enjoy after you carve it!

INGREDIENTS

- **1 3-4 lb pie pumpkin**
- Olive oil or butter
- 1 medium yellow onion, diced
- **2-3 garlic cloves, crushed**
- **1 cayenne pepper, seeds removed & diced (optional)**
- ½ tsp each salt, cinnamon
- ¼ tsp cloves, nutmeg, black pepper
- 4 cups vegetable or chicken broth
- ½ cup coconut milk or heavy cream
- 2 tbsp maple syrup or honey



DIRECTIONS

1. Preheat oven to 425°. Cut the pumpkin in half, scoop out the seeds, then cut into quarters. Rub butter or olive oil onto the flesh of the pumpkin, place on baking tray, and bake until a fork easily pierces the flesh of the pumpkin, about 35-45 minutes. Once done, set aside until you can safely handle the quarters.
2. Coat the bottom of a large dutch oven or heavy saucepan with oil or butter. Sauté the onion, garlic and cayenne over medium-high heat, stirring occasionally, until the onion is translucent.
3. Meanwhile, peel the pumpkin skins away from the flesh and compost.
4. Add the pumpkin flesh, spices, salt and pepper to your pot. Then add the broth and bring to a boil. Reduce heat and simmer for 15-20 minutes to let flavors incorporate.
5. Remove from heat and let cool slightly. Stir in cream/coconut milk and honey/syrup.
6. To blend soup, either use an immersion blender in the pot (slightly chunky results), or a blender (creamy results). Adjust spices and creaminess as desired. Serve immediately.