

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2021 Week 5
Oct 20 & 23

IN THE SHARE:

“ / ” Indicates Choice

- Beets/Carrots
- Radishes/Turnips
- Sweet Potatoes
- 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, Sorrel

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

Did you know our whole crew takes a Field Walk together every Monday morning? It's a great way to start the week—it gets your blood moving, gives you a chance to check in and chat with everyone, and reminds you to slow down and really LOOK at what's happening in the fields. From the insects that are helping or hurting crops, to the weeds that need attention, to the crops that need harvesting, to the cover crop that's sprouting—there are so many things to see, so many things to learn about, and so many things to discuss...

Like how chilly the weather is getting! This week's walk was the coldest one we've had in a while, and fittingly, a lot of the discussion was about what will and will not survive the inevitable frost that could come as early as next week. You would likely be able to guess some of the answers. Eggplant? Nope. Sweet peppers? No way. Lettuce? Meh. We'll be harvesting these plants for the last time this week. Hardier greens, root veggies and alliums (leeks and onions) can handle colder temps, so nature gives us some wiggle room there. But even so, by this time next month, we'll have most crops out of the ground and stored away for winter use (food aid, staff and growers, etc).

But then what will we discuss on our Field Walks? Next season, of course! Already, talk of next year's crops, talk of winter bed prep, and even talk of snow plans are creeping into our Monday conversations. But we have many more Mondays before all that stuff happens. As long as there are things to see out in the fields, we'll all be out there on Monday mornings, walking and talking!

FIELD IMAGES

Here are a few pictures of what's been happening on the farm lately.



Clockwise from above: lettuce plants; row cover blowing in the breeze; sun hemp in bloom; and a moment in the butternut squash harvest.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Korean Pickled Radish **DF, GF, Veg**

Pickled radishes are a staple in Korean cuisine. When they're not spicy, they're called chicken-mu, and when they're spicy they're called Mu Saengchae. Their bright crunchy texture pairs well with barbecued meats, noodles or rice dishes. Either way you prepare them, pickled radishes are a great way to brighten up just about any fall or winter meal!

INGREDIENTS

- **1 lb radishes (hakurei turnips also work well)**
- ¼ cup white vinegar
- ¼ cup sugar
- 1 tsp sea salt

DIRECTIONS

1. Wash/peel the radishes, and dice into ½ to ¾ inch cubes.
2. Put the diced radishes into a bowl with the vinegar, sugar and salt.
3. Mix for a few minutes until the radishes seem "juicy."
4. Put the whole mixture in a resealable bag, and leave on counter for 8 hours or overnight, flipping the bag occasionally to keep the juices moving around.
5. Leave radishes and liquid in bag or transfer to jar and refrigerate. Serve once chilled.

SUGGESTED VARIATIONS

--julienne the radishes or turnips instead of dicing them
--for a spicy version, reduce sugar to 2 tbsp, add 1 tsp minced garlic and 1 tbsp Korean red pepper (gochugaru)

Potato Leek Soup **GF, Veg (options)**

Starbucks, shmarbucks! I vote we ditch PSL season, and start PLS season! Many of our staff have even been hanging onto the last of their potatoes from Summer CSA, waiting patiently for leeks to be ready. And they finally are. Guess what everybody made over the weekend!
--adapted from onceuponachef.com

INGREDIENTS

- **4-5 large leeks, cleaned and roughly chopped**
- 3 tbsp butter
- **2-3 garlic cloves, peeled and crushed**
- 2 lbs yellow or white potatoes, peeled and diced
- 2 quarts chicken or vegetable stock
- 2 bay leaves
- **3 sprigs fresh thyme**
- 1 tsp salt
- ¼ tsp ground black pepper
- 1 cup heavy cream
- **Chives, finely chopped (optional—for serving)**



DIRECTIONS

1. Melt butter in a heavy stockpot over medium heat. Sauté leeks and garlic until wilted, about 10 minutes.
2. Add potatoes, stock, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer until the potatoes are very soft, around 15 minutes.
3. Remove the thyme and bay leaves. Puree soup with an immersion blender, or use a stand blender.
4. Add heavy cream and bring soup to a simmer. Taste and adjust seasonings as desired (our Farm Manager, Melissa, swears by a dash or two of hot sauce here!). If soup is thin, simmer until thickened; if too thick, add a little more water or stock until desired thickness is reached.
5. Serve immediately, garnished with freshly chopped chives.