# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2021 Week 8 Nov 3 & 6

## IN THE SHARE:

" / " Indicates Choice

- Butternut Squash
- Sweet Potatoes
- Root Veggies
- Garlic
- Asian Greens
- Cooking Greens
- And more!

### **PICK-YOUR-OWN** Blue flag in field

indicates ready to pick.

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

**ORANGE:** Fennel Seeds, Gomphrena, Statice, Basil, Cosmos, Cosmos Seeds, Celosia, Sorrel

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

YELLOW: Sage, Winter Savory, Yarrow

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



This week and next week during CSA, we will be selling storage crops and Red Wiggler gifts/goodies. Sweet potatoes, squash, garlic, hoodies, hats, and more! Cash, check and credit card accepted.

## FARM NOTES

The PYO gardens are slowing down as the weather cools and we move further into fall. But there are still gems to be found if you're ready to look! If you haven't tried these herbs yet, now is the perfect time.

**SAGE:** As Thanksgiving looms on the horizon, the sage is looking gorgeous. Use it to make <u>sage butter</u>, chop and add it to stuffing, or make an <u>herbal bundle</u> to burn in your home. Sage smoke is thought to energetically purify a space, and has been proven to actually clean the air.

**LOVAGE:** With its fresh, celery-like flavor, lovage makes a great substitute for chopped parsley in all sorts of recipes. Add leaves to a salad or wilt into a soup. Try a sprig or two in a Bloody Mary!

**SORREL:** This bright, tangy green can be added to salads for a summery zing. Wilt in soups, <u>make pesto</u>, wrap fish in sorrel leaves before roasting. Sorrel works in any dish that could benefit from a bit of acid or citrus flavor.

**WINTER SAVORY:** trying to use less salt? Try seasoning dishes with this peppery herb. The name is true; it's got a savory flavor, so it can reduce or eliminate the amount of salt and pepper you need in all kinds of dishes. Pairs well with other herbs that you might find in stuffing, like sage and parsley.

## Roasted Butternut Squash with Sage Brown Butter Veg, GF

Roasted squash has always invoked autumn and cooler weather. Add some sage and brown butter to that squash, and you're basically screaming, "fall is here!" This easy dish is full of flavor, warmth and comfort. Add it to your Thanksgiving menu, or just whip it up any time you need a dose of cold weather comfort.

#### **INGREDIENTS**

- 1 butternut squash, around 3 lbs (carrots, turnips or pumpkins work well too!)
- 1 tbsp olive oil
- Salt and pepper
- 4 tbsp unsalted butter
- 1-2 cloves garlic, crushed or minced
- 1 handful sage leaves, coarsely chopped (about 24 leaves)
- Green onions, chopped, for garnish (optional)

#### DIRECTIONS

- **1.** Preheat oven to 425 F and position a rack in the center of the oven.
- 2. Peel and scoop out the squash. Cut into 1" chunks.
- 3. Spread squash chunks on a rimmed baking sheet. Toss with olive oil, salt and pepper
- **4.** Roast in center of oven. After 15 minutes, stir and continue roasting until tender and browned.
- 5. When squash is almost done, melt butter in a small frying pan over medium heat until foam subsides.
- 6. Add the garlic and stir for about 1 minute. Add sage and cook just until the butter turns light brown and the sage is crisp, about 2 minutes.
- 7. Pull the squash out of the oven, and immediately pour the butter mixture over the squash.
- 8. Transfer to a serving bowl and toss to coat. Garnish with green onions, if desired. Serve immediately.

# Baked Sweet Potatoes with Tatsoi Pesto Veg, GF

Pesto isn't just for basil! So many greens work well as a pesto, and tatsoi is no different. The peppery, slightly bitter green contrasts beautifully with the sweet, creaminess of the sweet potato for a well-balanced fall meal.

#### INGREDIENTS

- 1 bunch tatsoi, washed, trimmed and loosely chopped
- <sup>1</sup>/<sub>2</sub> cup fresh basil
- 3 garlic cloves
- <sup>1</sup>/<sub>2</sub> cup pecan or walnut halves
- <sup>3</sup>/<sub>4</sub> cup grated romano cheese
- 1 tsp dried oregano
- <sup>1</sup>/<sub>2</sub> tsp black pepper
- 1 tsp salt
- 2 tsp honey
- 1/3 cup lemon juice
- <sup>1</sup>/<sub>4</sub> cup olive oil
- 4 baked sweet potatoes

# DIRECTIONS

- 1. Add tatsoi, basil, garlic, nuts and romano cheese to a food processor or blender, and pulse into small pieces.
- 2. Add oregano, pepper, salt, honey, lemon juice and olive oil, and blend until smooth.
- 3. Serve over baked sweet potatoes and top with more grated romano cheese.

