

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2022 Week 2  
September 21 & 24

## IN THE SHARE

- Acorn Squash
- Onions
- Radishes/Turnips
- Greens
- Potatoes/Carrots
- And more!

## PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

### **RED**

Oregano, Chives, Parsley, Lavender, Peppermint, Spearmint, Shiso, Marigolds, Tarragon

### **ORANGE**

Fennel, Zinnias, Basil

### **PINK**

Mini Zinnias, Statice, Gomphrena, Celosia, Basil, Lemon Basil, Thai Basil, Ageratum, Dill, Cilantro, Cosmos, Tithonia, Roselle

### **BROWN**

Anise Hyssop  
Lemon Gem Marigolds

### **YELLOW**

Lemon Balm  
Sage

### **NEED HELP?**

Ask a Red Wiggler staff for help finding these in the PYO, ideas on how to use them, or anything else!

## FARM NEWS

The last couple of weeks has seen the slow transition from summer to fall. The humidity is easing, the temperature is inching down, and some leaves even have the first twinges of color change. The fields are also seeing seasonal changes. Heat-loving summer crops like tomatoes and squash are being replaced by cool-weather veggies like turnips, radishes and greens. This is the last time you'll see potatoes or tomatoes in the share, but root veggies and greens are just starting to size up. And the sweet potatoes and winter squash that have been growing patiently all summer are making their way out of the fields and onto your plate!

Some crops we often think of as summery are actually getting the most active right now: eggplant, okra and hot peppers all typically increase their production once the season starts to transition. So you'll probably see those in the share for a while longer. If you haven't used these veggies before, it's time to get adventurous! Tasty okra and eggplant dishes are just a Google search away (or take a look at past newsletters from this time of year). And we grow a variety of hot peppers with a range of heat levels—there's sure to be something for you!

## PYO HIGHLIGHT

The PYO is still chock-full of goodies—don't forget to take advantage of it! One of the fall highlights is Roselle, a fun and fruity relative of hibiscus and okra. Though you can eat the leaves like spinach, we tend to focus on the vibrant pink calyx, which has a tart cranberry flavor with floral notes. You can munch these plump, crunchy treats on their own, or steep them in hot water to make a tea. Simply pull the calyx off the plant, pull the "petals" off individually, and discard the green seed head in the middle. You can steep roselle fresh, or dry it for later use.



got boxes?  
we'll take 'em!

it's squash and sweet potato season, which means we need boxes to store and transport them. So bring us your sturdy boxes anytime!



## Fall CSA Tours

Oct 8<sup>th</sup> with Rachel

Nov 5<sup>th</sup> with Woody

Free to CSA members and their immediate families.

Register now!

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Green Goddess Dressing/Marinade **GF Veg**

Classic green goddess dressing is an easy and flavorful way to maximize the PYO gardens. Full of fresh herbs, this quick concoction can be used as a dressing, dip or marinade. Pick herbs and make a batch every week, so you're always ready to whip up something delicious! Makes about 1 ½ cups.

### INGREDIENTS

- 1 generous cup Greek yogurt (preferably full-fat)
- **Small handfuls of any or all: tarragon, basil, cilantro, dill, mint, parsley, chives, and green onion. To equal about 1 cup chopped herbs.**
- **1 clove garlic, roughly chopped**
- Salt and pepper to taste
- Water if needed for thinning



### DIRECTIONS

1. Place all ingredients in a food processor and blend until smooth and green, with little flecks of herbs in it.
2. Add salt and pepper as desired.
3. Add small amounts of water if you want a thinner dressing, until desired consistency is reached.
4. Spice it up by adding ½-1 jalapeno (remove seeds and ribs)!

## Pepper Poppers **GF Veg**

Whether you use spicy jalapeños or mild banana peppers, these bundles of yum are a crowd-pleaser. But who needs a crowd? A staff favorite, some of us have been known to have a plate of poppers for dinner! Farmer-approved party food...you can't go wrong! Makes 20 poppers.

### INGREDIENTS

- **10 jalapeños or banana peppers**
- 8 oz softened cream cheese
- 8 oz shredded sharp cheddar cheese
- 1 tablespoon chili powder
- 1 teaspoon cumin
- **1-2 cloves garlic, crushed or finely minced**
- Salt and pepper to taste
- Optional garnishes: chili flakes, bacon bits, **cilantro** and/or **chives**



### DIRECTIONS

1. Preheat oven to 350° and lightly oil a sheet tray.
2. Slice peppers\* in half lengthwise, remove seeds and white ribs, and place on sheet tray.
3. In a small bowl, combine cheeses, garlic and spices. Fill each pepper with the cheese mixture.
4. Bake for about 20 minutes, or until the peppers are soft and the cheese is bubbly.
5. Remove from oven, cool slightly, then top with desired garnishes just before serving.

\*Wear gloves if preparing jalapeños, and be sure to remove all the white ribs inside. The ribs and the seeds is where much of the pepper's heat is located.