

IN THE SHARE

- Kabocha Squash/
Spaghetti Squash
- Leek Scallions
- Root Veggie Choices
- Choi Greens
- Cooking Greens

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!

Introducing Red Wiggler's Newest Program: The Care Farming Network

Did you know that in 2020, Red Wiggler launched a new program? We have established the [Care Farming Network](#), a national network of farms and organizations advancing the therapeutic use of farming practices! The Care Farming Network offers an [online map of Care Farms](#), consultations, resources, and events for both beginning Care Farmers and established Care Farms. We are thrilled to share [this video](#) highlighting Care Farming, an agricultural practice that values the process as much as the product. Witness how connecting to nature and community creates thriving Care Farms.

VIDEO: WHAT IS CARE FARMING?



We hope you will join us for the Care Farming Network's Virtual Launch on Thursday, October 6, 2022, from 3:00 pm - 4:30 pm (ET) to learn more about the Care Farming Network and what we're building. Featured speakers include [Desert Survivors](#) (AZ), [Little Otter Flower Farm](#) (VA), [Old School Farm](#) (TN), and [Urban Autism Solutions](#) (IL). We look forward to seeing you at the launch as we aim to grow a Care Farm in every county!

REGISTER FOR THE LAUNCH

VEGGIE HIGHLIGHT

Asian greens are in full effect this week! We've got plenty of choi-ces for you! Choose your greens, then check out [this great post](#) to learn more about them.



ROSIE CHOI



BLACK
SUMMER CHOI



JOI CHOI



TATSUI

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Easy Garlic Choi **DF Veg GF (with modifications)**

The great thing about many Asian greens is they cook in a flash! This easy side dish can be prepared in about 10-15 minutes. Serve with rice or ramen noodles; and alongside fish, chicken, or shrimp. For a vegetarian dish, simply expand it into a full stir-fry by adding other veggies and increasing the amount of the sauce ingredients accordingly. Serves 4 as a side.

INGREDIENTS

- 2 tsp vegetable oil (or other high-heat oil)
- **2-3 cloves garlic, minced**
- 1-2 tsp ginger, minced (optional)
- 1 large shallot
- **2 bunches choi greens***, roughly chopped
- 1-1.5 tbsp soy sauce (or tamari if GF)
- 1 tsp sesame oil
- Optional garnish: chili flakes, **green onions/leek scallions**



DIRECTIONS

1. Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots (and ginger, if using), stirring continuously for 1-2 minutes, or until fragrant.
 2. Add the choi greens, soy sauce, and sesame oil. Toss to coat and cover. Cook for 1-2 minutes, uncover and toss, and then cover and continue to cook until choi is cooked to desired doneness (3-5 more minutes).
 3. Sprinkle with crushed red pepper or green onions/leek scallions (or both!), and serve immediately. Enjoy!
- * You can use kale, collards, mustards or chard in this recipe instead or as well. They'll all taste great!

Winter Squash Milkshake **GF Veg DF (with modifications)**

While picking okra the other day, Steve (one of our Grower Staff) and I got to talking about the merits of winter squash. He told me that he makes a delicious squash milkshake—just cooked squash, milk and vanilla ice cream. I was a little doubtful at first, but he's got me convinced! Keep this recipe around this Fall, and give it a try when you have leftover squash. Then post on the FB group and let me know what you think. I'll do the same! Makes 2 small shakes.

INGREDIENTS

- **1 cup roasted winter squash (acorn, kabocha, pumpkin or butternut will all work—maybe skip spaghetti?)**
- 1 cup vanilla ice cream
- 1 cup milk (or more, depending on desired thickness)
- Optional spices (to taste): cinnamon, nutmeg, ginger, cloves

DIRECTIONS

1. Roast squash by cutting in half, scooping out the seeds and placing on a sheet tray in a 400° oven until flesh is fork-tender (25-55 minutes, depending on size of squash).
2. Scoop flesh out of squash and refrigerate (or freeze in chunks).
3. Blend squash, ice cream and milk in a blender until smooth.
4. Blend in spices, if desired. Serve immediately.
5. Enjoy, and pat yourself on the back for eating your veggies!

