

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2022 Week 4  
October 5 & 8

## IN THE SHARE

- Pumpkins
- Garlic
- Root Veggies
- Greens
- Lettuce
- Hot & Sweet Peppers

## PICK-YOUR-OWN

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

### **RED**

Oregano, Chives, Parsley, Lavender, Peppermint, Spearmint, 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!

## REMINDERS

Last chance to [sign up](#) for this Saturday's [Field Tour](#) with your friendly CSA Coordinator, Rachel Armistead (that's me!). Or join our Executive Director, Woody Woodroof on his tour on Saturday, November 5<sup>th</sup>. Registration and information [here](#)>>

[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. [Register here](#) to attend or receive the recording.

## FIELD NOTES

Summer seems to have gone out like a lion this year! We have fared better than many around the country this week, but all the recent rain and cold weather has really reminded us that the main growing season is slowly winding down. Final harvests of summer crops—eggplant, okra, peppers—make way for first harvests of fall crops, like lettuce (yay!). We're fully in Fall Mode around here—curing butternuts, harvesting sweet potatoes and root veggies, tending greens, clearing summer fields... When you eat with the seasons, the same transition often happens in your kitchen too. Our bellies start to crave roasted veggies, soups and casseroles—dishes that warm and comfort as the temperature dips, like the creamy pumpkin sage pasta recipe below.

Even in fall, the PYO still offers lots of bounty! Cheer up after all this rain with a colorful bouquet filled with cosmos, marigolds, gomphrena and more. Pick bunches of herbs and make (or remake) the [Green Goddess dressing](#) or [Herbed Butter](#) from past newsletters. Harvest a few handfuls of roselle for a Vitamin C boost, and try the easy tea recipe below. Or if you're feeling more adventurous, check out these fun recipes for [roselle jam](#) or [candied roselle](#).

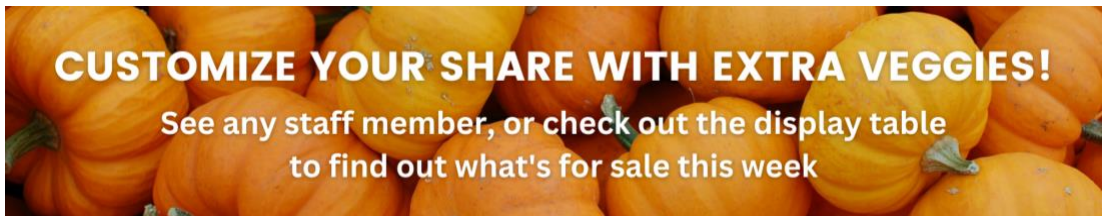
## AND THE SURVEY SAYS...

As the Fall session nears the halfway point, we want to hear from you about how you'd like to stock up for winter. Would you like to come to a Thanksgiving Market the week after CSA ends to choose your own items? Would you like to purchase a pre-packed box with storage items (garlic, butternuts, sweet potatoes) already chosen for you? Would you like to extend the CSA for another week? Help us know how best to serve you over the winter!

There will be a survey at CSA this week, so please stop by and let us know your thoughts. If you prefer to take it online instead, [click here](#).

**CUSTOMIZE YOUR SHARE WITH EXTRA VEGGIES!**

See any staff member, or check out the display table to find out what's for sale this week



# Recipes

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

## Roselle Tea **GF DF Veg**

*The roselle plants in the PYO are chock full of "fruits" right now! Snip off a few handfuls and make this delicious tea. Loaded with vitamin C, this tart and fruity tea will bring a little tropical vibe to a grey day. Enjoy hot or cold.*

### INGREDIENTS

- **25-30 fresh roselle calyces**
- 8 cups boiling water
- Sugar or honey to taste
- Optional: orange, lemon, and/or fresh ginger slices; **mint leaves, lemon balm, lavender** cloves, anise, cinnamon

### DIRECTIONS

1. Peel the roselle calyces and discard the seed pods.
2. Add roselle pieces to the boiling water.
3. Boil for 5-10 minutes. Remove from heat.
4. Strain roselle out, and add sugar or honey to desired sweetness.
5. If you like a stronger tea, leave the roselle in the water while it cools, up to overnight.
6. Keep up to a week in the fridge. Serve hot or cold.
7. If using ginger or other spices, you can add them during the boil. If using citrus, fruit and/or herbs, add after you remove the tea from the boil and let steep for several minutes before removing.



## Creamy Pumpkin Sage Pasta **GF Veg**

*My kids love pasta (who doesn't?), so if I can figure out a way to make veggies disappear into something that coats pasta, they will usually eat it. Especially if there is also cheese involved. Cue this creamy and easy dinner!*

### INGREDIENTS

- 1 pound penne pasta (regular or GF)
- **1 cup roasted pumpkin**
- **1-2 cloves garlic, crushed or minced**
- ½ medium yellow onion, diced
- 1 cup heavy cream
- ¼ cup freshly grated Parmesan cheese, plus more for serving
- **4-6 fresh sage leaves, minced**
- Salt and pepper to taste
- 1 ½ tablespoons butter
- **Sage leaves or scallions as garnish**

### DIRECTIONS

1. Cut pumpkin in half, scoop out seeds, and roast at 400° until flesh is soft when poked with a fork, about 35 minutes. Once pumpkin cools, scoop out flesh with a large spoon. This step can be done ahead.
2. Cook pasta, and retain ½ cup liquid for later use. Drain pasta and return to pot.
3. Melt butter in medium saucepan over medium heat. Sauté onion, garlic and sage until soft. Add cream, pumpkin, cheese, sage, salt, pepper, and half of the reserved pasta water, and simmer until slightly thickened, about 10 minutes, stirring frequently. The sauce will be somewhat chunky. If you want it smooth, use an immersion blender or transfer to a blender before pouring over pasta.
4. Pour sauce over pasta and stir to combine, using the rest of the pasta water if needed to reach desired consistency. Serve immediately, using more cheese, and fresh or [fried](#) sage leaves or scallions as a garnish.

