

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2022 Week 5  
October 12 & 15

## IN THE SHARE

- Squash/Sweet Potatoes
- Garlic
- Kohlrabi/Carrots/  
Turnips
- 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,  
Lovage

### **ORANGE**

Fennel  
Sorrel  
Marigolds  
Sunflowers

### **PINK**

Statice, Gomphrena,  
Celosia, 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!

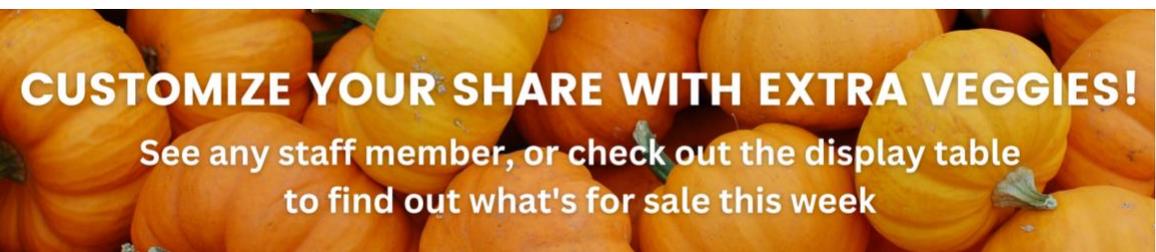
## FIELD NOTES

Believe it or not, we had our first frost a few days ago! It was light, but it was enough to damage some of the less hardy plants on the farm. Don't worry, all the veggies are okay so far, but we'll have to say goodbye to some of our favorites in the PYO. Here's what to look for:

- **Basil:** it was on its way out anyway, but the frost really sped up the process. There are still some good leaves, for the intrepid pesto lovers who want to hunt a bit, but let's just say that it's past its prime.
- **Roselle:** light frost damage. The "fruits" look fine, but we don't know how the plant will fare now that its leaves are damaged. If you've been putting off collecting roselle for jam, tea or syrup, this is the week to get it!
- **Marigolds:** overall, the plants fared pretty well. Some flowers died, but many are still looking great! Bring a few of these sunny balls of color home this week. Or try the lemon gem marigolds (in Brown) to brighten up your salads.
- **Zinnias/Cosmos:** the light frost was sort of the nail in the coffin for our two zinnia patches. The cosmos in Orange also took a hit, but the cosmos in Pink are still going strong! A handful of those would look great next to a couple...
- **Sunflowers:** BIG thanks to Woody and Melissa for thinking ahead and putting row cover over the sunflowers before the frost. They are GORGEOUS!
- **New Items:** the cold weather isn't all bad. Cooler temps mean the sorrel is ready to harvest, and there's a fall flush of lovage to enjoy!

## SURVEY REMINDER

If you didn't get a chance to take our survey last week, please take it [online](#). Tell us about what you'd like to see happen at the end of CSA. 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! To take the online survey, [click here](#). Survey will close on Tuesday, October 18<sup>th</sup>.



# Recipes

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

## Fall Dinner Inspirations from the CSA Facebook Page

We've had a few tasty looking posts on the CSA Facebook page lately, from folks showing us how they're using their CSA veggies. If you haven't seen them yet, take some inspiration from these drool-worthy dishes! Then, post pics from your own meals. Let's help each other get inspired! (If you're not a member yet, [join here >>](#))



*Suzanne's sausage and veggie stuffed acorn squash*



*Noreen's savory veggie pastry and salad*



*Kate's quiche with mustard greens and green onions*

## Stuffin' for Stuffin' **GF DF (with modifications) Veg (with modifications)**

Stuffing veggies is fun and tasty! Start with this stuffing base, modify to fit your tastes or preferences, then stuff it in some vegetables—there are lots of perfect veggies for stuffing in the share this week. Stuffing base will easily stuff enough for 4-6 people. Less in your house? Make ½ a batch, or freeze half of it to stuff more veggies later!

### **STUFFING BASE**

- Brown 1 pound sausage, ground beef or meat substitute; drain and set aside.
- Sauté ½ cup diced onions, ½ cup diced celery, ½ cup diced carrots, ½ cup diced mushrooms (optional), and 1-2 cloves minced garlic over medium heat until the onions are soft and translucent.
- In a large bowl, beat 2 eggs. Then stir in ½ cup of sour cream, ½ cup shredded parmesan cheese and ½ cup shredded cheddar cheese. Stir in protein, veggie mixture, and 1 cup cooked rice. Add spices to your tastes.

### **GET STUFFIN'!**

- Get a squash from the share (last chance until butternuts!), halve, deseed, and roast until just soft (400°, 20-60 min, depending on size), stuff, top with more cheese (if desired) and bake for another 25 min.
- Get a few big bell peppers from the share, halve and deseed, roast (425°, 20-25 min, until soft and slightly blistering), drain, stuff, top with more cheese (if desired) and bake for another 15 min.
- Get a couple big sweet potatoes from the share (halve and roast until soft (400°, 45-65 min, depending on size), scoop out some of the flesh from each half (replace the rice in the stuffing with the sweet potato, or save and mash for a later meal), stuff, top with more cheese (if desired) and bake for another 25 min.