

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2022 Week 6  
October 19 & 22

## IN THE SHARE

- Sweet Potatoes
- Leek Scallions/Garlic
- Kohlrabi/Radishes/  
Turnips
- Cooking Greens
- 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\*

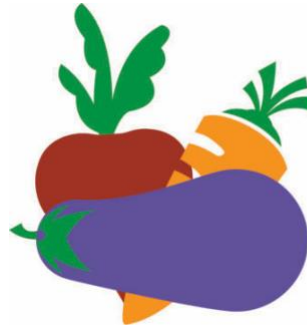
### **BROWN**

Anise Hyssop\*  
Lemon Gem Marigolds\*

### **YELLOW**

Lemon Balm  
Sage

\*There is frost in the forecast this week. Depending on the temps and the severity of the frost, some of the flowers may not make it through. Look for blue flags and an updated sign at CSA






## FOOD RECOVERY WEEK 2022

DC • MD • VA • OCTOBER 16-22

This week is Food Recovery Week, a partnership between [Community Food Rescue](#), [DC Food Recovery Working Group](#), [Montgomery County Food Council](#) and [Prince George's County Food Equity Council](#). Check out the [schedule](#) for free, in-person and virtual events to learn easy things you can do at home, and in the community, to reduce food waste and increase food security for all.

All the programming is amazing; here are just a few highlights!

Making the Most of Food: Regrow, Reduce, Recycle	Food Waste Action Movement in Public Schools	H Street Food Waste Innovation Tour
Tuesday, Oct 18 <sup>th</sup> 6-7 pm (virtual)	Thursday, Oct 20 <sup>th</sup> 7-8 pm (virtual)	Saturday, Oct 22 <sup>nd</sup> 4-6 pm (in-person)
		

## VEGGIE HIGHLIGHT: SWEET POTATOES

After a little teaser last week, our sweet potatoes have arrived in all their glory! Now that they are cured and ready for eating, you'll see these tasty tubers a lot



for the rest of the Fall CSA. Sweet potatoes originated in Central/South America, where they were a staple food for thousands of years before spreading across the world in the 15-1700s. Sweet potatoes are a rich source of several nutrients: vitamin A, vitamin C, manganese, and vitamin B6. They are also high in potassium and beta-carotene. Not only are sweet potatoes super-nutritious, they have some serious comfort food cred too! From baked to roasted to mashed, they are the perfect winter food!

# Recipes

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

## **Bavarian Vegetable Soup GF DF Veg**

*A classic, old-world style vegetable soup is the perfect meal for a chilly fall week! And with a nod to [Food Recovery Week](#), it's also a great way to use up old veggies in your fridge. Consider this more of a starting template than a recipe: switch out the listed veggies for whatever you have at home; add sausage or chicken if you want a heartier meal; or add rice, barley or beans for more texture. Recipe makes 12 servings and freezes well. Yay for leftovers!*

### **INGREDIENTS**

- 1 medium onion, diced
- **2 cloves garlic, crushed or minced (more if desired)**
- **1 lb turnips, radishes and/or kohlrabi, diced**
- **4 carrots, sliced**
- 2 red bell peppers, diced
- **2 green bell peppers, diced**
- 1 small head white cabbage, shredded
- ½ pound French-cut green beans
- **½ bunch fresh parsley, chopped**
- 4-6 cups vegetable or chicken broth
- 1 generous pinch Hungarian paprika, or to taste
- Salt and pepper to taste
- Sour cream, horseradish and **leek scallions** for garnish



### **DIRECTIONS**

1. In a large stockpot, sauté the onion and garlic in a bit of oil over medium-high heat until tender.
2. Add the bell peppers, carrots, turnips, radishes, and kohlrabi. Sauté for 3-5 minutes, stirring often.
3. Add the cabbage, green beans, and parsley. Then add your desired broth, enough to cover the veggies.
4. Simmer the vegetables until all are soft, approximately 20 minutes.
5. Season with salt, pepper and paprika to taste. Add other herbs or spices here, if desired.
6. Serve hot, topped with a dollop of sour cream and horseradish, and a sprinkling of chopped leek scallions.

## **Creamy Mashed Sweet Potatoes GF Veg**

*Some of our sweet potatoes got REALLY big this year! While they don't make a lot of sense to roast, the big ones are perfect for mashing. This recipe is more on the savory side, but you can certainly sweeten it up by leaving out the bay/tarragon, adding more cinnamon, and adding a couple tablespoons of brown sugar and maple syrup as you mash.*



### **INGREDIENTS**

- **3 pounds sweet potatoes, scrubbed clean**
- 1 ½ teaspoons fine sea salt, plus more to taste
- 1 bay leaf or **sprig of tarragon** (optional)
- 3 tablespoons butter
- Ground cinnamon, to taste
- ¼ cup sour cream, heavy cream, milk or half-and-half (optional)
- Black pepper, to taste
- **Parsley, leek scallions, tarragon, and/or chives for garnish**

## DIRECTIONS

1. Peel and cut sweet potatoes into 1-inch cubes. Add to a large pot and add enough water so that they are covered by about one inch of water. Add the salt and bay leaf or tarragon sprig.
2. Bring the water to a boil, reduce the heat to a simmer and cook until the potatoes are easily pierced with a fork, 10 to 12 minutes. Drain well, and then return the potatoes to the pot. Or if you plan to use a food processor, add them directly to the processor bowl (a food processor makes extra silky sweet potatoes).
3. Add the butter, cinnamon, black pepper, and a pinch of salt. Mash the sweet potatoes with a potato masher until your desired consistency. If using a food processor, pulse until your desired consistency.
4. For extra creamy sweet potatoes, stir in sour cream, heavy cream, milk, or half-and-half. Serve with extra butter and chopped fresh herbs on top.

## INFO AND RESOURCES ON FOOD WASTE

- [Let's Talk Trash](#), an infographic on food waste facts and tips, put out by the USDA
- [Don't Waste Uneaten Food](#), an infographic about composting, put out by the USDA
- [Food is too Good to Waste](#), a printable activity book to teach kids about food waste
- "Eat Me First" labels. Designate a place in your fridge for items that are nearing their spoilage limit, leftovers, or anything you want to see used quickly. Label a shelf, a bin or the individual food containers with an "Eat Me First" label. Print these on cardstock or sticker sheets to get started!

