

IN THE SHARE

- Sweet Potatoes
- Leek Scallions/Garlic
- Kohlrabi/Beets/
Turnips/Carrots
- Lettuce
- Cabbage/Pac Choi
- Hot Peppers

PICK-YOUR-OWN

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

RED

Oregano
Chives
Parsley
Lavender
Peppermint
Spearmint
Tarragon
Lovage

ORANGE

Fennel
Sorrel

PINK

Statice (to dry)
Gomphrena (to dry)
Strawflower
Dill

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

Winter is coming, as the saying goes. But there's still lots of good food in the fields, the fridges and the root cellar. Here are some highlights:

- It wasn't our best beet year, but we've got enough this week for them to make an appearance. They're up against some super-sweet carrots, but luckily the choice is big enough that you can take some of both!
- I know turnips aren't most people's favorite veggie, but if you've passed them over lately, give them another chance. Hakurei turnips are mild in flavor, with a smooth texture and satisfying crunch. I love to slice them up in rounds and dip them in hummus. Or add some to your next roasted veggie dish; they pair well with all the other root veggies in this week's choice (and sweet potatoes!).
- Brassicas have huge pest pressure, so organic cabbage is always a bit of a "cross your fingers and hope" kind of thing. But this year, it worked! We harvested big, beautiful heads. And the luck must have rubbed off on the pac choi and lettuce too, because they're also gorgeous this week!

VEGGIE HIGHLIGHT: HOT PEPPERS

This is the last week of hot peppers, so make sure you get a few (maybe it's finally time for the [pepper poppers](#) from Week 2?). If you don't use them quickly,



it's super easy to freeze peppers in ice cube trays for later. First, destem and deseed (if desired) your peppers. Then, either mince the peppers finely, or throw them into a food processor with a little water. If mincing, put a measured portion of peppers, say 1 teaspoon, into each slot in an ice cube tray. Then fill the rest of the way with water. If using the food processor method, pulse the peppers with enough water to make a pourable paste. Then pour the mixture into your ice cube trays. Freeze the trays overnight, then transfer the cubes to a freezer bag (label the bag with the hot pepper type and proportions so you remember later!). Hot pepper cubes will stay fresh for several months in your freezer, and can be easily added to whatever dish you are making. Bonus: you can also use this easy method to preserve fresh herbs from the PYO!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Melt-in-Your-Mouth Napa Cabbage **GF DF Veg**

I admit, I get a bit pigeon-holed when it comes to napa cabbage and Asian greens. I tend to just chop them up, sauté with garlic, ginger and onion, then throw a bit of soy sauce and sesame oil on top. I love them this way, and will continue to make it regularly. But I came across something a little bit different recently, which made my eyes pop and my mouth water. This riff on a traditional Israeli braised cabbage dish is full of flavor, and it's just as easy to make as my tried-and-true sauté, so I decided I had nothing to lose, and everything to gain! Serves 4 as a side dish.

INGREDIENTS

- **1 head Napa Cabbage (or pac choi)**
- ½ cup concentrated tomato paste
- **4 garlic cloves, minced or crushed**
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon coarsely ground black pepper
- ½ cup extra-virgin olive oil divided
- Salt (kosher or sea), to taste



DIRECTIONS

1. Preheat the oven to 350°F.
2. Cut the Napa cabbage in half through the core then cut each half into quarters, to make 8 wedges total.
3. In a small bowl combine the tomato paste, garlic, coriander, cumin, turmeric, and black pepper. Stir well.
4. Heat ¼ cup of the olive oil in a large cast-iron skillet over medium-high heat. Working in batches, if necessary, add as many cabbage wedges into the skillet cut side down as will comfortably fit. Season with the coarse kosher salt. Cook, turning once, until lightly charred, about 2-3 minutes per side. Transfer the seared cabbage to a plate and repeat with any remaining cabbage quarters.
5. Carefully, wipe out the skillet and reduce the heat to medium. Add the remaining ¼ cup olive oil to the skillet. Once warm and beginning to shimmer, add the spiced tomato paste mixture. Heat, stirring constantly, until the tomato paste begins to split and darken in color, 2-3 minutes.
6. Add enough water to the skillet to come halfway up the sides, about 1 to 1 ½ cups total. Season the liquid with salt and bring to a simmer.
7. Nestle all of the seared cabbage wedges into the simmering tomato broth, overlapping if necessary. Transfer the cabbage to the oven and bake, uncovered, turning the cabbage wedges once about half way through, about 40-50 minutes. The cabbage should be falling apart tender when cooked completely.

Easy Tarragon Vinegar **GF DF Veg**

Infused vinegars are a wonderful way to preserve the flavors of the growing season. The tarragon in the PYO is still beautiful, so make this easy vinegar, and have that distinct flavor at your fingertips all winter long. Makes a great gift!

- Pick a handful of tarragon stems (or try other herbs with the same method)
- Lightly bruise the leaves by rubbing between your fingers or pressing repeatedly with the back of a knife
- Pack tarragon leaves into a quart jar
- Pour 2 cups of white wine or apple cider vinegar (you can use white in a pinch) over the tarragon
- Seal the jar and keep in a cool, dark place for 2-4 weeks
- Strain the tarragon out, and use generously in place of regular vinegar.
- For gifting, pour into a decorative bottle and add a fresh sprig of tarragon