

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2022 Week 9  
November 9 & 12

## LAST CSA

*This is the last week of our regular CSA, but the fun isn't over! Join us next week for our Thanksgiving Markets. These bonus markets are a great time to bring friends and family to the farm, and say "see you next year" to staff. We hope you'll join us for either of our two markets:*

**Wednesday, November 16<sup>th</sup> from 3pm to 5pm**

**Saturday, November 19<sup>th</sup> from 10am to 12pm**

*Some items may be limited at the market. To guarantee that you get a nice assortment of fall veggies, consider our pre-packed CSA bag for \$20. CSA bags must be pre-ordered by Saturday, November 12<sup>th</sup>. See someone at the CSA sales table (or email [rachel@redwiggler.org](mailto:rachel@redwiggler.org)) to order/pre-pay.*

### REMINDERS

- The final chance to drop compost at the farm is during the Thanksgiving Markets on either Wednesday (11/16) or Saturday (11/19). After that, we hope you will try one of the [great local options available to you](#) over the winter.
- Stock up on PYO herbs this week! The PYO gardens will not be open during the Thanksgiving Market (though there may be some herbs for sale).
- It's time for our [year-end survey](#)! We really value your opinions, and your feedback helps us make our CSA even better, so please take a few minutes to fill it out. You'll be entered into a drawing for a Red Wiggler prize pack (opt-in required) if you [complete the survey](#) by Monday, November 21<sup>st</sup>. Thank you!

### CSA EXTENSION PRE-ORDER SHARE



**3 LBS SWEET POTATOES  
2 LBS CARROTS  
1 HEAD GARLIC  
1 BUTTERNUT SQUASH  
1 BUNCH GREENS**

**SIGN UP AND PRE-PAY AT THE CSA SALES TABLE**

### IN THE SHARE

- Sweet Potatoes/  
Butternut Squash
- Leeks/Garlic
- Carrots/Beets/Radish/  
Turnips/Kohlrabi
- Greens/Lettuce

### PICK-YOUR-OWN

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

#### **RED**

Oregano  
Chives  
Parsley  
Lavender  
Peppermint  
Spearmint  
Tarragon  
Lovage  
Marigolds (seed saving)

#### **ORANGE**

Fennel  
Sorrel  
Dill  
Cilantro  
Zinnias (seed saving)

#### **PINK**

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

#### **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!

# Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

## Purple Sweet Potato Pie Veg, DF & GF with modifications

Here's a stunner for your dessert table from the folks at [King Arthur Baking](#)! This richly colored purple sweet potato pie is a show-stopper, and a perfect thing to do with your little share of our experimental purple sweet potato harvest. Whether you make a pie or something else with them, let us know what you think!

### INGREDIENTS

- Pastry for a 9" pie crust
- **1 lb purple sweet potatoes, skin on**
- 8 tbsp unsalted butter, melted
- 1 cup granulated sugar
- ½ to ¾ tsp cardamom, to taste
- 1 tsp ginger
- ½ tsp salt
- 1 tsp orange zest (grated rind)
- 2 large eggs, room temperature
- ½ cup whole milk, room temperature
- Topping, optional (see below)



### DIRECTIONS

1. Preheat the oven to 375°F.
2. **To prepare the crust:** Roll the pie dough into a 13" circle and transfer it to a 9" pie pan. Crimp the edges of the dough so they stand above the pan's rim. Refrigerate crust while preparing the filling.
3. **To make the filling:** Wrap each unpeeled sweet potato in foil and bake for 1 hour, until soft. To test for doneness, pierce a potato with a fork. If it pierces easily and feels soft, it's done. If it's still firm, bake for an additional 10 minutes. Remove from the oven and cool.
4. Leave the oven on and position a rack in the bottom third.
5. Once the potatoes are cool enough to handle, unwrap them and remove the skin.
6. Place the potatoes in a bowl and mash by hand. Or mix on low speed in a stand mixer.
7. Mix in the melted butter, then the sugar, cardamom, ginger, salt, and orange zest.
8. Add the eggs one at a time, mixing until combined, then stir in the milk.
9. Remove the crust from the refrigerator and pour in the filling.
10. **To bake the pie:** Bake the pie for 35 to 40 minutes, until the filling is firm.
11. Remove the pie from the oven and cool it to room temperature; refrigerate it if you won't be serving it immediately.
12. **To top the pie:** Like pumpkin pie, this rich dessert can be served with no accompaniment. But if you want to kick it up a notch, 2 options work well: whipped cream (sweeten with a touch of maple syrup) or [homemade marshmallow spread](#). Either way, use an offset spatula or back of a spoon to make decorative swirls. If using the marshmallow spread, use a baker's torch to brûlée the topping until the edges are golden brown.



The Sweet Farm will be selling meat and eggs at the Thanksgiving markets!

Limited items will be available on-site. Pre-order at [thesweetfarm.com](http://thesweetfarm.com) to access the full menu. Select pick-up at Red Wiggler for either Wednesday or Saturday.