

## IN THE SHARE

- Potatoes/Winter Squash
- Summer Veggie Choice
- Carrots/Beets/Radishes
- Hot Peppers
- Garlic
- Cherry Tomatoes/Okra/  
Specialty Peppers

## PICK-YOUR-OWN

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

## **RED**

Dill Flowers, Giant Marigolds, Shiso, Gem Marigolds, Oregano, Chives, Russian Sage, Tarragon Peppermint, Spearmint, Lavender

## **ORANGE**

Thyme, Salvia, Borage, Marigolds, Fennel Seeds, Basil, Celosia, Cosmos, Gomphrena, Sunflowers, Snapdragons

## **PINK**

Zinnias, Parsley, Thai Basil, Lemon Basil, Basil, Statice, Roselle, Pincushions, Sunflowers, Strawflowers, Cosmos

## **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!



Whether this is your first season or you've been here so long you've lost count, we are so excited to welcome you to the farm for the Fall CSA session. Fall CSA runs for 9 consecutive weeks, starting September 13<sup>th</sup>/16<sup>th</sup> and running through November 8<sup>th</sup>/11<sup>th</sup>. Before the first pick-up, we'd like to share with you a few new and exciting additions to the 2023 CSA. If you were here in Spring and/or Summer, bear with us as we catch the new Fall folks up on all the great stuff!

## NEW IN 2023

- **Compost Program:** if you weren't here last fall, our improved compost system is new to you. We've partnered with [Compost Crew](#), and dramatically expanded what we can accept. We've also added a bin wash station, to make rinsing our your bins easy and convenient. Check out page 5 of the [Member Handbook](#) for more info, and talk to us at pick-up to get your compost bin and [list](#) of compostable items.
- **CSA Lending Library:** along the back of the barn, you'll notice shelves of books on topics related to cooking, farming and gardening, nature crafts, food philosophy, and more. You're welcome to borrow anything you like—just write it down on the clipboard and bring it back before the end of the Fall session.
- **Virtual Farm Tour and PYO Map:** now you can take all the PYO info with you into the gardens! Visit our [Virtual Farm Tour](#) anytime to see what's available for picking, as well as what's going on in the rest of the farm fields. You can link to individual PYO gardens through the [main tour page](#), or by clicking the PYO links at the left of the newsletter each week.

- **Limited Schedule Adjustments:** if you can't make it to CSA one week, the best thing to do is send a friend or donate your share. But this year, you *might* be able to switch days for that week, if produce availability allows. See page 7 of the [Member Handbook](#) for details and procedures.
- **Sweet Farm at Red Wiggler:** [The Sweet Farm](#) will be selling local meat and eggs at CSA once a month. [Pre-order](#) to get exactly what you want, or purchase from a rotating menu of popular items during CSA. During the Fall Session, they will be here on September 23<sup>rd</sup>/27<sup>th</sup> and October 25<sup>th</sup>/28<sup>th</sup>. A portion of their sales will go to support Red Wiggler's programs.

## **GETTING THE MOST OUT OF YOUR SHARE**

Remember, your CSA share isn't just veggies! To get the most value out of your CSA share, make sure you're maximizing all the benefits of membership.

- Make time for the PYO each week
- Utilize our compost services
- Bring your family and friends on a [tour](#)
- Participate in the [CSA Facebook page](#)
- Spend some leisure time at the farm. Bring a snack, a blanket, a book—during CSA pick-up, the park grounds and PYO areas are yours to enjoy!

## **PYO HIGHLIGHT: SHISO**



Shiso is a culinary herb in the mint family, native to the mountainous regions of China and India. Though widely used in a variety of cuisines today, shiso was first prized for its seeds, which were made into oil to light lamps. At some point, the leaves were discovered to slow the rate of spoilage in raw seafood, which made them indispensable for early Japanese sushi-making. There are 2 main types of shiso, also called perilla: green and red. Green shiso is most often used for its leaf—in sushi, on salads, with rice or noodles. Red shiso is most often used to color foods, like pickled umeboshi plums or vibrant,

sweet shiso juice. Our shiso is bicolored, exhibiting the best of both culinary uses (and gorgeous as a filler in bouquets!). Dry it to make [shiso salt](#), boil and sweeten it to make [shiso juice](#), or try the fusion pasta recipe below. Whatever you do though, do it soon! Shiso can be invasive in this area, so as soon as we see flowers, we cut the plants to the ground!

# Recipes

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

## Capellini Pomodoro with Shiso **DF Veg GF (with modifications)**

*Capellini pomodoro is an easy summer classic. Its simple list of ingredients and ease of preparation make it a perfect candidate for experimentation. Try this Japanese/Italian fusion version that adds shiso and shio kombu (salted kelp) to the traditional tomatoes and pasta. The acids in the tomatoes add to the already potent umami flavor of the kombu to create a rich, savory sauce that tastes like it should have been a lot more work than it is! Makes 2 servings.*

### INGREDIENTS

- 6-8 oz capellini pasta
- 2 tablespoons olive oil
- **1-2 garlic cloves, minced**
- **1 pint cherry tomatoes, sliced in half**
- 1 tablespoon shio kombu
- **1-2 heaping tablespoons shiso, julienned**
- salt and pepper to taste



### DIRECTIONS

1. Bring a pot of salted water to a boil.
2. Heat a sauté pan over medium high heat, and then add the olive oil and garlic. Fry the garlic until fragrant. Then, add the cherry tomatoes, and let them brown on one side.
3. Add the shio kombu to the sauce and toss until the tomatoes have started to shrivel.
4. Start boiling the pasta. It should take anywhere from a minute to a minute and a half.
5. Drain the pasta just before it's fully cooked, reserving some of the pasta water. Toss the pasta and shiso with the pomodoro, adding pasta water as needed to keep the noodles from sticking together. Add salt and pepper to taste. Serve immediately.

## Garlic Roasted Okra **DF Veg GF**

*Okra lovers rejoice! Our okra has been slow to come in, but it's finally here! There should be plenty for whoever wants it this week. New to okra? Try this simple and flavorful side dish. Makes 3-4 servings as a side.*

### INGREDIENTS

- **1 quart okra**
- 1 teaspoon paprika
- **1-2 cloves garlic, minced or crushed**
- ½ teaspoon sea salt
- 1 ½ tablespoon oil or melted butter

### DIRECTIONS

1. Preheat oven to 450°F. Rinse okra and dry it with a paper towel. Trim away the stem ends, and then cut it into ½ to ¾-inch pieces. Place the okra into a medium-sized mixing bowl.
2. Drizzle the oil or butter over the okra and use your hands to mix until coated.
3. Sprinkle the paprika, salt and garlic over the okra and mix well.
4. Transfer the okra to a large parchment paper-lined baking sheet and spread them out evenly.
5. Bake the okra for about 15 minutes, tossing halfway through. Serve immediately.

