

## IN THE SHARE

- Winter Squash
- Garlic
- Greens
- Summer Veggies
- And more!

## 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**

Cilantro, Dill, 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 items in the PYO, how to use them, or anything else!

**CLICK HERE TO VIEW  
OUR VIRTUAL MAP**

## WINTER IS COMING: BEE EDITION

I am currently reading a novel called [The Bees](#), by Laline Paull. It's an engrossing story told from the perspective of Flora 717, a curious and rule-breaking sanitation worker in an orchard bee hive. Her uncharacteristic curiosity and bravery are seen as dangerous by some, and an asset by others in the hive. Though the book is fiction, the author did extensive research on honeybees, and while she obviously took some poetic license, the novel is a fascinating and eye-opening look at the dramatic life of a bee hive.

Having just endured the struggle of winter survival with Flora 717 and her kin, I have been thinking a lot about the twinge of Fall in the air, and what that means for the bees buzzing through our PYO gardens. How will our bees survive the winter? And what are they doing now to prepare?

Right now, as they have been doing all spring and summer, worker bees are furiously gathering pollen and nectar to store for the winter. Nectar, which becomes honey through an [incredible natural process](#), is their main source of food during winter. And they use a lot of it. An average hive will need 80-100 pounds of honey to survive the cold season! Many of our flowers offer nectar into the fall—zinnias, sunflowers, marigolds, sage, borage, goldenrod (in the Pollinator Garden) and joe pye weed (in the Rain Garden) are just a few.

Another thing bees do to prepare for winter is kick the males out of the hive! Honeybee colonies are about 85% female, and they do all the work. The male bees, called drones, serve one purpose—to mate. And while that's an important job in the spring and summer, the queen does not mate or lay brood in the winter. And since the males are bigger than females, eat more food, and do no other work, [they get evicted](#) when the weather gets cold!

When winter stores are complete and fall is transitioning to winter, the queen will lay a special brood of "winter bees." Winter bees are larger and fatter than their "[summer sisters](#)," and live longer—6 months instead of 6 weeks. Their job is to keep the hive healthy through the winter by [clustering](#) around the queen and quickly vibrating their wings to create enough heat to keep everyone alive. The cluster is constantly moving around the central queen's "chamber," with cold, tired bees moving up to the honey stores and into the warmth, and warm, fed bees moving out and down to take their turn warming the hive.

It's easy to take this awe-inspiring saga of life and death for granted when we put a teaspoon of honey (each of which, by the way, takes 12 bees their whole lives to make!) in our tea. But try and take a moment, while you're picking in the PYO to notice the buzzing of the bees, to think about the complex civilizations that exist in our own backyards, and to cheer the little sisters on as they prepare for the cold season ahead!

# "FRIENDS & FAMILY" MARKET AND TOUR SATURDAY, SEPTEMBER 23RD

MARKET 9-12      TOUR 10AM

## PYO HIGHLIGHTS

**The Oops Bed:** We're not really sure how it happened, but instead of half a row of dill and half a row of cilantro, we ended up with half a bed with 2 crops in it! This week in the Orange PYO, you'll find a mixed bed of dill and cilantro. They're both ready to harvest, so have at it! The dill is darker green, taller, and sort of frilly looking. The cilantro is bright green, and looks sort of like a more delicate parsley.



**Fennel Seeds/Pods:** The big, tall fennel patch in the Orange PYO has lots of plump green pods on it right now. Those will dry into seeds you can plant next season or use in cooking. But the green pods are also delicious. You can sprinkle them on salads, crush them into a paste to brush on fish or chicken, or even [candy them](#) for a refreshing palate cleanser after a strongly flavored meal.

**Strawflowers:** Flower lovers who were in the CSA last season might remember the underwhelming performance of our strawflowers. Well, brush those unhappy memories aside, because this year's patch is going gangbusters! There are tons of strawflowers out there, in all sorts of beautiful colors. If you're going to use them in a fresh bouquet, then it's fine to pick the flowers fully opened. But if you plan to dry them (strawflowers are very easy to dry, and they maintain their color, unlike a lot of flowers), you'll want to pick them when just the outer petals have opened and the middle petals are still in a tight dome in the center.



**Shiso:** We found flowers on the shiso this week. That means we're cutting it to the ground to avoid spreading any invasive seeds. If you want shiso, get it now. This is the last week, for sure.

# Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

## Epic Baba Ganoush **GF DF Veg**

*I don't know if it's the spot they're in this year, or the wonky weather, but our eggplant has been pumping this season! We have had lots of gorgeous eggplant, and it just keeps coming! I do several different things with eggplant, but my favorite is baba ganoush. And of the many I have tried, this recipe from [cookieandkate](#) is my favorite. If you haven't experimented with eggplant much in the past, now is the time!*

### INGREDIENTS

- **2 pounds Italian eggplants (about 2 small-to-medium eggplants)**
- **2 medium cloves of garlic, pressed or minced**
- 2 tablespoons lemon juice, more if necessary
- ¼ cup tahini
- ⅓ cup extra-virgin olive oil, plus more for brushing the eggplant and garnish
- **2 tablespoons chopped fresh flat-leaf parsley, plus extra for garnish**
- ¾ teaspoon salt, to taste
- ¼ teaspoon ground cumin
- Pinch of smoked paprika, for garnish
- Serving suggestions: warmed or toasted pita wedges, carrot sticks, bell pepper strips, cucumber slices, etc.



### DIRECTIONS

1. Preheat the oven to 450° with a rack in the upper third of the oven. Line a large, rimmed baking sheet with parchment paper to prevent the eggplant from sticking to the pan. Halve the eggplants lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared pan with the halved sides down.
2. Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35 to 40 minutes (this might take longer if you are using 1 large eggplant). Set the eggplant aside to cool for a few minutes. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.
3. Place a mesh strainer over a mixing bowl, then transfer the flesh to the strainer and discard the skins. Pick out any stray bits of eggplant skin and discard. You want to remove as much moisture from the eggplant here as possible, so let the eggplant rest for a few minutes and shake/stir the eggplant to release some more moisture.
4. Discard all of the eggplant drippings, drain and wipe out the bowl, and dump the eggplant into the bowl. Add the garlic and lemon juice to the eggplant and stir vigorously with a fork until eggplant breaks down. Add the tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy, and use your fork to break up any particularly long strings of eggplant.
5. Stir in the parsley, salt and cumin. Season to taste with more salt and more lemon juice.
6. Transfer the baba ganoush to a serving bowl and lightly drizzle olive oil on top. Lastly, sprinkle parsley and smoked paprika on top. Serve with accompaniments of your choice. It's also great on sandwiches!