

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2023 Week 3  
Sept 27 & 30

## IN THE SHARE

- Winter Squash Choices
- Peppers/Eggplant/  
Tomatoes
- Cherry Tomatoes/Okra/  
Peppers
- Cooking Greens

## PICK-YOUR-OWN

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

## **RED**

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

## **ORANGE**

Cilantro, Dill, Thyme, Salvia, Borage, Sorrel, 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 or using anything in the PYO.

[CLICK HERE TO VIEW OUR VIRTUAL MAP](#)

## PROGRAM UPDATE: Care Farming Network

Around this time last year, Red Wiggler's newest program launched across the country. The [Care Farming Network](#), started in 2020, is a national network of farms and organizations advancing the therapeutic use of farming practices. At the time of our national launch, we had only a few dozen farms on our virtual map. A year later, we have a few hundred—and growing! The Care Farming Network offers a searchable, filterable [map of Care Farms](#) across the nation, where you can find information about Care Farms serving a wide range of populations: veterans, previously incarcerated individuals, individuals with autism, senior citizens, at-risk youth, individuals in recovery, and more. The farms themselves span the entire range of agriculture, from animals to vegetables, and everything in between.

Our vision of “a Care Farm in every county,” is slowly being realized as we see more and more organizations being founded with the mission of supporting marginalized or vulnerable populations through farming. With the help of a grant from the Sustainable Agriculture Research and Education program ([SARE](#)), we are constantly widening the community of support for Care Farms through consultations, resource sharing, farmer-to-farmer exchanges, and events (in-person & virtual) for both beginning Care Farmers and established Care Farms.

Want to learn more about Care Farming? Ask us at CSA; we'll be happy to share updates. Or watch this [video](#) featuring Red Wiggler Farm and other Care Farms in the region. And of course, check out the Care Farming Network's [website](#) to learn more about Care Farming, Care Farms around the country, and how you can get involved and inspired.

## FARM UPDATE

When Fall comes in like it did this year, with so much rain and cool weather, we quickly lose our summer crops. This week will be the last chance for cherry tomatoes and ripe slicing tomatoes. And depending how they fare through several days of rain and soggy ground, we're nearing the end of eggplants and peppers too. So enjoy one more tomato sandwich and say farewell to summer, but don't despair! Fall crops love this cooler weather, and the rainbow parade of them will make their way to the CSA share over the next several weeks!



# Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

## Green Tomato Recipe Ideas

*It's officially fall, and the tomatoes have died off, so we're pulling the plants. Which always means lots of green tomatoes. At my house, we always do 2 things with green tomatoes: fry them or pickle them. But this year, I am going to try and be more adventurous. I challenge you to do the same. These are the recipes that look especially fun to me. Try one, or venture out on your own, and let me know how it goes! Click on the image to go to the recipe website.*



Green Tomato Pie



Green Tomato Soup



Green Tomato Toast

## Preserving the Summer Harvest

*If you're sad to see summer veggies go, do what we do, and preserve some of it for later. Here are some really easy ideas straight from our kitchen to bring a little taste of summer to your winter meals.*

- Chop bell peppers into desired sizes—I usually dice them into approximately 1-inch by 1-inch chunks. Spread onto a baking sheet covered in parchment paper. Freeze for 12-24 hours. Store in a freezer bag, and grab a handful whenever you need it. Frozen peppers can go straight into the frying pan, soup or sauce.
- Halve and roast eggplant (use the directions from last week's newsletter), then scoop out the flesh into an airtight container (remove as much air as possible) and freeze. To freeze eggplant slices, slice the eggplant into 1-inch rounds or lengths, roast at 350° for 15-20 minutes, until just tender. Once they're cool, separate the eggplant slices with wax paper and store in freezer bags.
- Freeze cherry tomatoes whole! Yep, no blanching or peeling needed. Add whole cherry tomatoes to soups stews or chili. Or thaw and pulse in a blender to add a little freshness to pre-made pasta sauce.
- Slice okra into rounds and spread onto a baking sheet covered in parchment paper. Freeze for 12-24 hours. Store in a freezer bag, and grab a handful whenever you need it. Frozen okra can go straight into the frying pan, stew pot, roasting tray, or—Woody's favorite—on pizza.
- Finely dice or puree hot peppers and freeze in ice cube trays. Either put the diced peppers into the tray and fill with water, or pour the puree directly into the tray. Once frozen, store in freezer bags, and toss a "pepper cube" into anything you want to spice up!
- Herbs or garlic can also be frozen into ice cubes. Finely chop your favorite herbs, pre-measure into ice cube trays (I recommend ½ tsp each), fill with water, freeze, and store in freezer bags.
- Make pesto! No matter what you make pesto from, it freezes beautifully. Once thawed, you may want to add a little lemon juice and salt to perk it back up, but otherwise it's good to go. Freeze in ½ pint jars or ice cube trays, depending on how much you want to thaw at a time.