

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2023 Week 4
October 4 & 7

IN THE SHARE

- Sweet Potatoes
- Garlic
- Carrots
- Greens Choice
- Lettuce
- Summer Veggies

PICK-YOUR-OWN

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

RED

Dill Seeds, Lovage, Oregano, Chives, Marigolds, Russian Sage, Tarragon, Peppermint, Spearmint, Lavender

ORANGE

Sorrel, Thyme, Cosmos, Fennel, Basil, Celosia, Gomphrena, Salvia, Snapdragons, Dill, Cilantro

BROWN

Verbena

PINK

Parsley, Lemon Basil, Basil, Thai Basil, Zinnias, Scabiosa, Roselle, Statice, Strawflower

YELLOW

Lemon Balm
Sage

NEED HELP?

Ask a Red Wiggler staff member or volunteer for help finding or using items in the PYO.

Farm to School CSA

Did you know, that between the months of July and October, Red Wiggler actually runs a second "CSA"? Several years ago, we partnered with [Manna Food Center](#) to provide a weekly bag of fresh vegetables to a dozen or so families in need at a local elementary school. As our commitment to fighting food insecurity has grown, and as Manna's financial support for the program has increased, we have been able to expand that program year after year. This year, we are serving over 120 families at 2 nearby elementary schools—our biggest commitment yet!

As many of our CSA members know, building the habit of healthy eating and using fresh ingredients takes time. If you eat healthy, fresh foods as a young person, you are more likely to stick with those habits as an adult, and pass those habit on to your children. In addition to curbing hunger in the short term, our hope with the "Farm to School CSA" is that it helps instill those healthy habits in the next generation of eaters.

When one of the school groups came for a visit a few weeks ago, I saw that we are making progress on that goal. When asked what their favorite vegetables are, there were no "yucks," only shouts of "tomatoes," "cucumbers," "carrots," and more. The kids were excited to munch cherry tomatoes off the vine, and were adventurous when offered the chance to taste thing like fennel, sage, sorrel and roselle in the PYO.

Being a CSA member at Red Wiggler is not just about the veggies, herbs and flowers. It's also about making a commitment to healthy food—on our own tables as well as the tables of others. Our "Farm to School CSA" is one of the ways that commitment comes to life, and we thank you for being a part of it!



Cherry tomato love!



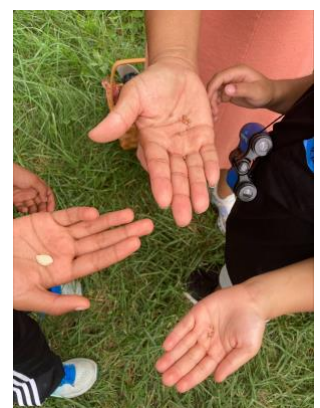
Group photo



Smelling thyme



Fun with tomatoes!



Guess that seed

PYO Highlight: Sorrel



Sorrel (*Rumex acetosa*) is native to the grasslands of Eurasia and is a member of the Polygonaceae family, which includes such diverse plants as buckwheat, rhubarb and dockweed. Like other plants in the *Rumex* genus, sorrel leaves are food for the larvae of several species of butterflies and moths. Luckily, humans can eat sorrel too! Its sour, citrusy taste adds vibrancy to salads, soups and many other dishes around the world. In Afghanistan, sorrel leaves are battered and fried and served as an appetizer or to break the fast during Ramadan. In Armenia, leaves are braided and dried for winter use, the most common being a hearty stew called [aveluk](#). The acidity of sorrel is said to dissolve thin fish bones, which is why fish and sorrel are often paired together in traditional French cuisine. For a simple introduction into the tasty world of sorrel, coarsely chop

and few leaves and sprinkle over your next salad or soup. If you love it and want to dig deeper, try the carrot and sorrel recipe below, then experiment from there!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Charred Carrot and Sorrel Salad **GF DF Veg**

I have never grilled carrots, so I was intrigued when I came across this Australian recipe. If you don't have a grill, broiling the carrots would work just as well. The sweetness of the carrots and dates, the creamy nuttiness of the macadamias, and the citrusy tang of the sorrel makes this a well-balanced side for two, or—with a nice, crusty piece of bread—a light meal for one.

INGREDIENTS

- **1 bunch young carrots**
- 1-2 tsp olive oil
- 4 dates, pitted and coarsely chopped
- 6 toasted macadamias, coarsely chopped
- **12 sorrel leaves**
- Grated parmesan cheese, to serve

For the dressing

- 1½ tsp Dijon mustard
- 1½ tbsp apple cider vinegar
- juice of 1 lemon
- 150 ml olive oil
- **1 tbsp chopped cilantro**
- **1 tbsp chopped parsley**
- **1 garlic clove, minced**
- Salt and pepper, to taste



DIRECTIONS

1. Preheat your grill or broiler.
2. For the dressing, place all the ingredients in a small jar. Seal well, then shake until emulsified.
3. Trim the carrots, leaving a small bit of green* at the top. Scrub (no need to peel!), then halve the longer carrots width-wise and halve the fatter carrots length-wise, if desired.
4. Place the carrots and olive oil in a large bowl, season with salt and toss to coat. Chargrill or broil the carrots, turning occasionally for 5 minutes or until just tender.
5. While the carrots are cooking, thinly slice the sorrel leaves and place in a bowl. Add the date and nut pieces, then add the carrots when they are done. Shake the dressing again, then pour on just enough to coat the salad (reserve the extra dressing for another salad!), toss, and season as desired. Place on a large plate, scatter with grated parmesan cheese and serve.

**Feeling adventurous? Reserve the carrot greens and use them to make this [chimichurri](#), [pesto](#) or simple [side dish](#).*