

IN THE SHARE

- Butternut Squash
- Green Onions
- Root Veggies
- Cooking Greens

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, Thyme

ORANGE

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

BROWN

Verbena

PINK

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

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!

*There is a possible freeze in the forecast for Tuesday night. Some PYO items may not survive. See the whiteboard at CSA for an updated list.

CSA EXTENSION AND THANKSGIVING MARKET

The end of the season is around the corner! There are only 2 more weeks of our regularly scheduled CSA, but the veggies don't have to stop there. We are once again offering a CSA Extension Share (must be pre-ordered) and a Thanksgiving Market so you can stock up on veggies before the holiday. See below for details.

- CSA Extension Shares will be sold at CSA this week and next week. **Extension Shares must be pre-ordered.** Shares are \$25 and will include 3.5 lbs sweet potatoes, 2 lbs root veggie mix, 1 butternut, 1 head garlic, and 1 bunch cooking greens. Please see a staff person at the CSA sales table to order.
- If you prefer to choose your own items, or supplement the Extension Share, we will also have a Thanksgiving Market on Saturday, November 18th where you can buy veggies, Red Wiggler swag and gifts, Banner Bee honey, and Sweet Farm meat and eggs. This year's Thanksgiving Market will be on **Saturday, November 18th from 10am to 12pm.**

Our Thanksgiving Market is a festive time to bring friends and family to the farm, and say "see you next year" to staff and fellow CSA members. Coffee and tea and tasty treats will be provided (or bring some to share!). We hope you'll join us!

COMPOST MATTERS

For those of you who participate in our compost program, please note that the final chance to drop compost at the farm will be on Saturday, November 18th from 10am to 12pm. If you do not plan to compost over the winter, please return your compost containers to us during your final visit to the farm. If you do want to compost over the winter, see below for several options.

- All MOMs locations offer free [compost drop-off services](#). Check out their [locations list](#) to find out if there is a store near you.
- [Compost Crew](#) (the service we work with) offers home pick-up/drop-off services starting at \$32 per month. Service in some neighborhoods may cost less (or even free!) due to people already composting in your area, or municipalities footing the bill. Find out how much service costs by entering your address in their [sign-up form](#).
- Compost Crew also offers community drop-off points. For only \$10 per month, you can take your food scraps to one of 3 community drop-off locations. See the locations, and learn more about the service [here](#).
- Did you know Montgomery County provides free backyard compost bins? Now is a perfect time to get your own compost started. Find pick-up locations and information on the county's [Environmental Protection](#) page.
- Finally, if you live in [Gaithersburg](#) or [Rockville](#), these cities offer compost drop-off free to residents. Click on the city name to get location info.

Easy Winter Squash Curry **GF DF Veg**

Squash curry is my new favorite dinner. We have had it about once a week since the winter squash came in. It's also my new favorite lunch, because we always make enough for leftovers. Kabocha, pumpkin, and now butternut—they all work to create a luscious, thick curry that warms the body and comforts the soul! We put paneer or hard-boiled eggs in ours, but you could use tofu, chicken, shrimp, or just lots of veggies. I have already told several folks at CSA about this, but now I want to tell all of you! Serves 6.*

INGREDIENTS

- 2 cups of your favorite rice
- 2 tablespoons coconut oil or olive oil
- 1 medium white or yellow onion, chopped
- Salt to taste
- 1-2 tablespoons finely grated fresh ginger
- **2-3 cloves garlic, pressed or minced**
- **1 red bell pepper, sliced into thin 2-inch long strips**
- **1 green bell pepper, sliced into thin 2-inch long strips**
- **4 carrots, peeled and sliced on the diagonal into ¼-inch thick rounds**
- **1 small winter squash, [roasted](#), skinned and broken into small chunks**
- 3-4 tablespoons Thai red curry paste
- 2 cans (14 ounces) full-fat coconut milk
- ½ cup water or milk
- **1 bunch greens, ribs removed and sliced thin**
- 2 teaspoons coconut sugar or turbinado (raw) sugar or brown sugar
- 1-2 tablespoons tamari or soy sauce
- 1 tablespoon rice vinegar or fresh lime juice
- Optional: chunks of paneer, tofu, hard-boiled eggs, chicken, or shrimp

DIRECTIONS

1. If adding a protein, prepare ahead: brown chicken or shrimp, quarter hard-boiled eggs, cube tofu or paneer
2. Prepare your favorite rice in your favorite way, and make the curry while the rice is cooking.
3. To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
4. Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
5. Add the coconut milk, water/milk, kale, squash chunks**, and sugar, and stir to combine. If adding a protein, add it here too. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.
6. Remove the pot from the heat and season with tamari/soy sauce and rice vinegar/lime juice. Taste, and adjust salt, tamari/soy sauce, rice vinegar/lime juice, or even curry paste levels to your liking. Divide rice and curry into bowls and garnish with **chopped basil, chives and/or green onions** and a sprinkle of red pepper flakes. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

* Beyond the onion, garlic, and ginger, no particular veggies are required. Use what you want, add more and different veggies, leave some out. You do you!

**Got a picky eater at home? We do! He won't touch any of the veggies in the curry, but if we blend the coconut milk, water/milk and squash until it's smooth, then add it to the dish, he will eat that over rice. Keep the squash as chunks or blend them up to suit your own eaters—either way, it will be delicious!