

## IN THE SHARE

“ / ” indicates a choice

- Squash/Potatoes
- Greens
- Summer Veggies
- Radishes
- Garlic
- Rosemary

## PICK-YOUR-OWN

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

### RED

Lovage, Oregano, Chives  
Tarragon, German Thyme,  
Peppermint, Spearmint,  
Lavender, Russian Sage,  
Marigolds, Dill, Jasmine-  
Scented Nicotiana

### ORANGE

Sorrel, French Thyme,  
Gomphrena, Sunflowers,  
Orlaya, Celosia, Tithonia,  
Snapdragons, Calendula,  
Lamb's Ear, Cosmos

### PINK

Parsley, Zinnias,  
Sunflowers, Statice,  
Basil (lemon/Thai/Italian),  
Cilantro, Strawflower, Dill,  
Pincushions, Cosmos

### BROWN

Verbena  
Fennel  
Black-Eyed Susans

### YELLOW

Lemon Balm  
Sage

**Need help finding or using the flowers and herbs in the PYO? Just ask a RWCF staff member or volunteer!**



Welcome to Red Wiggler's 2024 Fall CSA! We are thrilled to welcome new faces and old friends back to the farm this session. Fall is my favorite session because you really get to see the season change reflected in the veggies—summer steadily turns into fall, both at the farm and on your plate. The PYO is bursting with flowers and herbs right now, so make sure you give yourself time to harvest in the gardens. But before you come to the farm for the first time this week, let's take a look at some new and new-ish features of the 2024 Fall CSA.

## NEW and NEW-ISH in 2024

- **Online Recipe Index:** We've got a lot of great recipes from years past, so over the winter, I decided to index them all based on the main veggies in them. That's now on the website (get to it via the CSA page). It's not fancy, but at least all the beet or carrot or tomato recipes are in one place and easier to find. Simply visit the [Recipe Index](#) page of our website, click on the veggie you want to use, and then click on the recipe title that makes your mouth water. That will take you to the newsletter the recipe was featured in, all the way back to 2013!
- **Compost Program:** This is the second full year of our expanded compost program, but it still bears highlighting. It's part of your CSA membership, so take advantage of it if you can. Ask any CSA staff member to get a bin for you to take home, and pick up a flyer with the [list](#) of what does/doesn't go in the bin. Check out page 5 of the [Member Handbook](#) for more info.
- **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. There's some great stuff in there—I read several of them over the winter. You're welcome to borrow anything you like—just write it down on the clipboard and bring it back before the end of Fall session.
- **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 pick-up days for that week, if produce availability allows. See page 7 of the [Member Handbook](#) for details and procedures.

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

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

- Spend time in the PYO each week—gathering herbs, flowers, and a little peace & quiet. If you're new to the CSA and would like some help in the PYO, please ask a staff member or volunteer.
- Utilize our compost services
- Bring your family on a [tour](#) (always free for CSA members and their guests)
- Participate in the [CSA Recipe Exchange 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!

## **UPCOMING OPPORTUNITIES**

- **Join us for a tour of Compost Crew's facility at Butler's Orchard on Friday, September 27<sup>th</sup> at 4 pm.** Learn all about food waste, the composting process, and how Compost Crew (our compost partner) utilizes local farms to help solve the problem of food waste in our landfills. Afterwards, we'll head over to Doc Waters Cider for an informal CSA happy hour! Attendance is free, but [registration](#) is highly recommended. Please [click here](#) to register.
- This season, we have organized several opportunities for CSA members to volunteer with us at our food pantry partner locations. The last opportunity is with our newest partner—**AfriThrive—on Friday, October 11<sup>th</sup> from 8:30 am to 12:30 pm.** Join us to for a fun and meaningful way to give back to our community. [Click here](#) to learn more about the event, and to register. Please [register](#) before October 5<sup>th</sup>.
- Bring friends and family to a **Field Walk on Saturday, October 26<sup>th</sup> at 10 am.** Attendees will learn all about our programs and growing practices and have the opportunity to purchase our organic veggies if they desire. The October Field Tour will be led by me, Rachel Armistead, CSA Coordinator. Attendance is free, but [registration](#) is appreciated. [Click here](#) to learn more and to register.



# Recipes

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

## Rosemary Roasted Potatoes **VEG, GF, DF**

*I included this recipe in the first Summer newsletter of the year, when the first potatoes of the season made their appearance. But it felt fitting to include it here too, since the Fall CSA is opening with the last of this season's potatoes. As well as the last harvest of rosemary. Potatoes and rosemary really do pair perfectly together, in any season!*

### INGREDIENTS

- 1.5 lbs potatoes
- 3-4 tablespoons olive oil
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1-2 cloves garlic
- 2 tablespoons minced fresh rosemary leaves



### DIRECTIONS

1. Preheat oven to 400 degrees. If you have a convection setting on your oven, turn it on.
2. Rinse and trim potatoes. Chop potatoes in halves or quarters. Place in a bowl with the other ingredients and toss until well-coated.
3. Transfer potatoes to a large baking sheet and spread out in a single layer.
4. Roast for 30-45 minutes, stirring and flipping every 10-15 minutes, until browned and crisp. Serve immediately.

## Shishito Pepper Appetizer **VEG, GF, DF**

*Shishito peppers are in the PYO this week, so it's a great time to give them a try (or get more if you already love them!). They are very easy to prepare. Please note: they are generally mild, but 1 in every 15-20 is medium-hot. Skip them if you can't tolerate spicy flavors at all.*

### INGREDIENTS

- Shishito peppers
- Olive oil
- Coarse salt
- Fresh lemon

### DIRECTIONS

1. Wash shishitos and pat dry.
2. Transfer peppers to a bowl and toss with enough oil to thinly/evenly coat them.
3. Heat a heavy skillet over medium-high heat. Add peppers, stirring every minute or so until the peppers are tender with charred spots, about 10 minutes.
4. Transfer to a wide serving dish and sprinkle generously with coarse salt and lemon juice. Serve with a small bowl for the pepper stems. Enjoy immediately.

