

IN THE SHARE

- Winter Squash/Sweet Potatoes
- Garlic
- Greens Choices
- Summer Choices

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, Roselle

PINK

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

BROWN

Verbena, Fennel, Black-Eyed Susan

YELLOW

Lemon Balm, Sage

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

FIELD NOTES: Revenge of the Squash Vine Borer

Humans aren't the only creatures who love winter squash—several common garden pests also find them to be quite tasty. But none are quite so insidious as the squash vine borer. As with many insects, the adult (a black and orange moth) is not really the problem, except that it lays the eggs that become the larve. The voracious little larve burrow into the squash plants—usually through the stems, hence the name—and feast for about 4 weeks, until they are ready to pupate.

Because the squash vine borer eats the middle out of the stems, the squash plants can no longer effectively move moisture and nutrients around, so the plant withers and dies. Organic farmers can often stay one (tiny) step ahead of these pests with management practices like crop rotation, row covers and staggered planting times. This year, however, the growing conditions were such that these little buggers got a better hold on our farm than they typically do.

Don't worry, we still have winter squash! Your seasonal favorites—kabocha, spaghetti, pumpkins and butternuts—are still coming your way. But, since the borer usually chews up and burrows into the stem, we don't always catch every affected squash. **When you take squash home this fall, we have 2 suggestions for you.** One, eat it relatively quickly. This, unfortunately, is not the year to save your butternuts until next March! Two, communicate with us if the squash was bad inside in any way (bonus points for taking a picture!). It's good for us to know, of course, and we're happy to replace the yucky squash with another item at your next CSA pick-up. Thank you for helping us suss out this pesky pest problem!



PYO HIGHLIGHT: Roselle



Roselle (*Hibiscus sabdariffa*) is a flowering, edible plant in the mallow family (hibiscus and okra are close relatives) that is native to Africa. Both the leaves and calyces (the red "fruit" that we harvest) are high in polyphenols, and are used culinarily all over the world. The stalks are used to make [bast fibre](#). Many cuisines around the world use the leaves in curries, stews, and soups; while the cranberry-flavored calyces are made into drinks, preserves, syrups, chutneys and pickles. Spiced juices made from the roselle calyces are sometimes called Jamaican sorrel, jamaica (hah-MY-cah), zobo, or "red drink." The latter is traditionally served at Juneteenth celebrations here in the US. To learn more about the wide culinary reach of this beautiful plant, check out this [Wiki page](#).

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Spicy Quinoa with Sweet Potatoes* **DF GF VEG (with modifications)**

Several times over the course of the season, we have a specialized volunteer named Linda who comes in and cooks a couple of dishes using our veggies. These are sampled out to our staff to help encourage them to try new foods, and new ways of cooking the veggies they take home every week. Linda is making this [yummy-sounding dish](#) for us this week, so I thought I'd share it with you too! Serves 6.

INGREDIENTS

- 1 ¾ cups quinoa
- 3 cups chicken broth
- Salt and pepper, to taste
- 3 tablespoons vegetable oil
- ½ red onion, thinly sliced
- **2 cloves garlic, finely chopped**
- 1 tablespoon ancho chile powder
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- **1 small red jalapeno pepper, seeded and thinly sliced**
- **2 small sweet potatoes, peeled and cut into ½-inch pieces**
- **¼ cup (or more) roughly chopped fresh cilantro**
- 1 to 2 tablespoons fresh lime juice



DIRECTIONS

1. Put the quinoa in a bowl and cover with water; drain. Repeat twice; drain well. (This will help remove bitterness.) Transfer the quinoa to a medium saucepan over medium heat and stir constantly until the quinoa is dry, about 8 minutes. Add 1 ½ cups chicken broth, ¾ cup water, and salt to taste. Bring to a simmer, then cover the pan, leaving the lid slightly ajar to let steam escape; reduce the heat to medium low and cook until the quinoa is tender and the liquid is absorbed, about 15 minutes.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Add the red onion and garlic and cook until slightly softened, about 4 minutes. Add the chile powder, coriander and cumin and cook, stirring, until the spices darken, about 1 minute. Add the remaining 1 ½ cups chicken broth, the jalapeno, sweet potatoes and more salt. Increase the heat to medium high and bring to a simmer. Cook, stirring occasionally, until the sweet potatoes are tender and the liquid is almost absorbed, about 15 minutes.
3. Add the sweet potato mixture to the quinoa, then add the cilantro and lime juice and toss; season with salt as desired.

*This recipe can be made using winter squash instead of sweet potatoes. Depending on what type of winter squash you are using, adjust the cooking time in Step 2 accordingly.

Join us at the last CSA volunteer opportunity of the season!

Volunteer with us at AfriThrive's Friday food distribution

Friday, October 11th from 8:30am to 11:30am in Silver Spring

Click to register now!

Green Tomato Salsa **DF GF VEG**

It's that time of year again! The tomatoes are dying off and we're starting to pull the vines out. Which always means lots of green tomatoes. Green tomatoes are underrated, in my opinion. They have a meaty texture, a fresh tanginess, and are quite versatile. Try this easy green tomato salsa that Paula, a Saturday CSA volunteer, makes every year.

INGREDIENTS

- **5 ½ cups chopped green tomatoes**
- 1 cup chopped onions
- 1 cup green chilies, chopped
- 1 cup lemon juice (bottled is fine)
- **2-4 garlic cloves**
- **¼ cup cilantro, chopped**
- **1-2 jalapenos, finely chopped (optional)**
- 2 teaspoons cumin
- 1 teaspoon salt



DIRECTIONS

1. Add tomatoes, chilies, onions, lemon juice, garlic and jalapenos to a stainless steel saucepan. Bring to a boil and boil for 10 minutes.
2. Remove from heat and add other ingredients. Blend with hand blender until smooth.
3. Serve warm or chilled.

Roselle Tea **GF DF Veg**

The roselle plants in the PYO are chock full of "fruits" right now! Snip off a few handfuls and make this delicious tea. Loaded with vitamin C, this tart and fruity tea will bring a little tropical vibe to a grey day. Enjoy hot or cold.

INGREDIENTS

- 25-30 fresh roselle calyces
- 8 cups boiling water
- Sugar or honey to taste
- Optional: orange, lemon, and/or fresh ginger slices; mint leaves, lemon balm, lavender cloves, anise, cinnamon

DIRECTIONS

1. Peel the roselle calyces and discard the seed pods.
2. Add roselle pieces to the boiling water.
3. Boil for 5-10 minutes. Remove from heat.
4. Strain roselle out, and add sugar or honey to desired sweetness.
5. If you like a stronger tea, leave the roselle in the water while it cools, up to overnight.
6. Keep up to a week in the fridge. Serve hot or cold.
7. If using ginger or other spices, you can add them during the boil. If using citrus, fruit and/or herbs, add after you remove the tea from the boil and let steep for several minutes before removing.

