

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2024 Week 8
November 6 & 9

IN THE SHARE

- Squash/Sweet Potatoes
- Allium Choices
- Greens Choices
- Roots 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, Celosia,
Snapdragons, Calendula,
Lamb's Ear, Cosmos,
Roselle

PINK

Parsley, Zinnias, Statice,
Basil, Cilantro, Dill,
Strawflower, Pincushions,
Cosmos

BROWN

Verbena
Fennel Seeds
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!**

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 Thanksgiving Market so you can stock up on veggies before the holiday.

This year's Thanksgiving Market will be on Saturday, November 23rd from 10 am to 12 pm. 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. 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 23rd from 10 am to 12 pm.** 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 next week's newsletter for options.

**IT'S THAT TIME AGAIN! CLICK HERE TO TAKE OUR CSA SURVEY.
THANK YOU IN ADVANCE FOR YOUR HELPFUL FEEDBACK!**

GROW CHIVES THIS WINTER!

Want to bring a little bit of green into your winter kitchen? Grow some chives! Chives are hardy, easy to grow, and are "cut and come again," so you can have chives all winter. Read on to find out how to get yourself a little pot of chives to enjoy all winter long (and even into next season!).

For the next 2 weeks, weather permitting, we will be thinning our chive bed during CSA. Members are welcome to take a clump of chives (we will wrap them in a damp towel and bag to transport. At home, just loosen the clump a little and plant in a small/medium self-draining, countertop planter pot with some garden or potting soil. Keep the soil moist, and place the pot in a warm window that gets sunlight at least 6 hours a day. Trim chives as needed for cooking, cutting the whole stalk back so that it regrows fully. With proper care, the chives should just keep coming back, all winter long!



Easy Winter Squash Curry **GF DF Veg**

Squash curry is a fall favorite at my house. I've also heard from a few CSA members that they love it too, so I thought I'd reprint this recipe from the [CSA Recipe Index](#) in case you missed it last year. 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*. 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 to medium 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 specific 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!

Kohlrabi and Apple Slaw **VEG, GF**

I am a total kohlrabi convert. I used to be very meh about this unusual veggie, but now I am slightly obsessed. Mostly, I am lazy and eat it peeled and sliced with hummus. But when I am not lazy, this is my favorite thing to do with it. I have already converted several CSA members with this recipe, are you next?

INGREDIENTS

- ½ cup plain full-fat yogurt
- ¼ cup minced red onion
- 1 tbsp whole-grain Dijon mustard
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- ¼ tsp ground cumin
- **~1 pound kohlrabi bulbs (about 3 medium)**
- 1 large tart green apple
- 2 tbsp fresh lemon juice
- **1 tbsp finely chopped fresh dill or fennel**



DIRECTIONS

1. In a large bowl, combine the yogurt, onion, mustard, salt, pepper and cumin. Stir together and let stand while you prep the kohlrabi and apple.
2. Peel the kohlrabi. Slice off each end, then use your knife to slice off the thick green or purple skin. The skin is bitter and not pleasant to eat, raw or cooked. Once peeled, you'll be left with white or pale green balls.
3. Using a knife or mandolin, slice the kohlrabi into 1/16-inch slices. Stack 6 or so slices together at a time, and slice into 1/16-inch-thick matchsticks. As you cut, transfer the kohlrabi matchsticks to the bowl with the dressing.
4. Peel and core the apple. Then cut the apple in the same manner as the kohlrabi, into matchsticks. Your aim is to have about half the amount of apple as you do kohlrabi in the final salad.
5. Add the apple matchsticks to the bowl along with the lemon juice and toss all the ingredients to combine. It will seem like there is not enough dressing at first, but by the time each matchstick is coated in yogurt, you'll see that it is enough. Taste and season with more salt and pepper, if you like. Transfer the salad to a serving dish and top with the dill or fennel just before serving.
6. For a more substantial side dish, add collards or kale. Wash and de-stem a bunch of collards or kale, stack the leaves, and slice very thinly. Mix this into the slaw as well. You will probably want to increase the measurements for the dressing by half to accommodate the extra bulk.