

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2024 Week 9
November 13 & 16

IN THE SHARE

- Squash/Sweet Potatoes
- Garlic
- Greens Choices
- Roots Choices
- Horseradish

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

PINK

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

BROWN

Verbena
Fennel Seeds
Black-Eyed Susan

YELLOW

Lemon Balm
Sage

***Please note that, at this time of year, the PYO availability is subject to change suddenly based on weather conditions, especially freezing temps!**

This week is the
LAST CSA
of the season!

THANKSGIVING MARKET

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 come!

LIBRARY BOOKS

If you borrowed a book from our lending library this season, please remember to bring it back this week, and cross your name off the check-out list. Thank you!

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 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.

It's that time again! Click here to take our CSA Survey.

NEW GREEN ALERT: TOKYO BEKANA

We've got one more trick up our CSA sleeves this season! A new green called Tokyo Bekana. This novel Asian green has crisp stalks like bok choy and tender leaves similar to Napa cabbage or lettuce. The bright green leaves can be used raw, chopped thin and used in salads or slaws. The snow-white ribs hold up well when sautéed or stir-fried. The leaves, of course, will wilt when cooked, but can be used in much the same way as other Asian cabbage and choy varieties—in soups, stir-fries and other dishes. Got a favorite dish that calls for Asian cabbage, choy or mustard greens? No need to reinvent the wheel—simply swap out the Tokyo Bekana and keep on cooking! Want some inspiration? Try these recipes from the [CSA Archives](#), and just sub in the Tokyo Bekana: [Stir-Fried Cabbage](#), [Universal Stir-Fry](#) or [Asian-Style Mustard Greens](#). Or try the new recipe below!



2025 CSA Registration

We hope you had a great season with us, and we hope you want to come back again next year. We'll be in touch with registration details early next year. In the meantime, to ensure that you get all the important emails, please add csa@redwiggler.org and rachel@redwiggler.org to your contacts and/or "safe list" within your email provider. Online security is getting tighter all the time, and some folks who had no problem getting our emails in the past, all of a sudden had them going to junk this season. Making us an actual contact within your email provider should prevent that problem for most folks. If you are having an issues with our emails, please let us know—we will do our best to resolve them quickly.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Homemade Prepared Horseradish Veg, GF, DF

Homemade prepared horseradish is a versatile item to have in your fridge, especially during the holidays. Brighten up leftover turkey or ham sandwiches, add to deviled eggs, or make yummy horseradish sauce to top just about anything. But be careful! Fresh horseradish is potent! Keep at arm's length and work in a well-ventilated area.

INGREDIENTS

- 1 cup peeled and chopped horseradish root
- ¾ cup white vinegar
- ¼ teaspoon salt
- 2 teaspoons sugar (optional)

DIRECTIONS

1. In an electric food processor or blender, process horseradish root, vinegar, sugar and salt.
2. Carefully remove the cover of the processor or blender, keeping your face away from the container.
3. Transfer to a jar using a rubber spatula. Cover and store the horseradish in the refrigerator for up to 4 weeks.

Sesame Ginger Rice Bowls **GF DF Veg**

The weeks between Thanksgiving and New Year's can be so full of rich, heavy foods. And while I am here for ALL of that, there are some days when your belly needs a break from the holiday party fare. Cue a simple stir-fry over rice. I have listed Tokyo Bekana as the green here, to highlight it, but feel free to use any green you like. Napa cabbage, choi or mustards would work best, but even kale or chard will do the trick. Serves 2 as a main course, 4 as a side dish.

INGREDIENTS

For the stir-fry

- 2 tablespoons grapeseed oil (or other high-heat oil)
- **1 pound white turnips, cut into bite-sized chunks**
- **1 bunch Tokyo Bekana, washed, trimmed and coarsely chopped**
- **1 bunch of scallions, diced**
- ¼ teaspoon minced ginger
- 1 cup uncooked brown rice
- A handful of fresh cilantro, chopped

For the sauce*

- **1-2 cloves of garlic, minced**
- 3 tablespoons tamari
- 2 tablespoons water
- 1-2 tablespoons grated fresh ginger
- 1 tablespoon honey
- 1 tablespoon rice wine vinegar
- 2 teaspoons sesame oil
- ¼ teaspoon crushed red pepper flakes (optional)



DIRECTIONS

1. Combine all the ingredients for the sauce in a mason jar and shake until well combined. Taste test and adjust seasonings if necessary. Set aside.
2. Cook brown rice according to specific directions.
3. In a large skillet over medium-high heat, add grapeseed oil. Stir in ginger and scallions. Sauté until fragrant; about 3 minutes. Add turnips and the lower stalks of the Bekana, and cook until both begin to soften and brown; about 8-10 minutes. Stir occasionally. Add a few drops of water if turnips are drying out. Once turnips and Bekana stalks are tender, throw in the upper stalks and leaves of the Bekana, and cook until greens begin to wilt; about 5 minutes. Remove from heat.
4. Combine veggies with rice and sauce, then top with cilantro just before serving.

* This sauce is delicious and versatile! Feel free to double the recipe, either to add more sauce to this dish, or to have some leftover for another creation!

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