

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 1  
September 17 & 20

## IN THE SHARE

“ / ” indicates a choice

- Spaghetti Squash
- Cooking Greens
- Lettuce
- Garlic
- Green Tomatoes

## PICK-YOUR-OWN

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

### RED

Marigolds, Oregano, Chives, Shiso, Russian Sage, Tarragon, Mint, Lavender, Blanket Flower, Bee Balm

### ORANGE

Calendula, Pincushions, Parsley, Tithonia, Lemon Basil, Thai Basil, Holy Basil, Italian Basil, Sorrel, Sunflowers

### PINK

Zinnias, Cilantro, Dill, Sunflowers, Cosmos, Gomphrena, Celosia, Strawflowers, Coriander, Roselle

### BROWN

Fennel Flowers & Seeds, Anise Hyssop, Early Sunflower

### YELLOW

Sage, Lemon Balm

**Need help or ideas?  
Just ask a RWCF staff  
member or volunteer.  
We're here for you!**



# WELCOME

Welcome to Red Wiggler Care Farm's Fall CSA! As is usually the case, Fall brings a lot of new folks to the farm. If this is your first time at Red Wiggler, or just your first time here this season, grab a compost bin at this week's pickup and get the lowdown on the program from one of our staff. Though we don't offer composting all year, it's a great way to try it out and see if it's right for you. Once you see how much less garbage you have each week, we suspect you'll be hooked! Also take a stroll past our lending library at the back of the barn to find your next read. We've got all kinds of great titles on a range of topics related to food and farming. Finally, make sure you give yourself some time each week to gather fresh flowers, herbs in the PYO!

## 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 Fall 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 or friends on a [tour](#) (free for CSA members and guests) and learn all about our programs, farming practices, and more.. The next tour is Saturday, September 27<sup>th</sup> at 10 am. [Register here](#).
- Not sure what to cook, or need a little inspiration? Check out our [Recipe Index](#)—all our newsletter recipes in one place. Just click on the veggie you want to use, then click on whatever recipe sounds delicious to you!
- 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!

# Recipes

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

## Roasted Green Tomato Salsa **VEG, GF, DF**

*It's been cooler than normal this September, which means our summer veggies have stalled out. Some years, we are able to include a summer choice in the first couple of weeks of Fall, but this year, all we can offer is green tomatoes. Luckily, green tomatoes are delicious (and highly underrated, in my opinion!). You can make this green tomato salsa without roasting the tomatoes, but I highly recommend taking the time—the smokiness it adds really compliments the green tomatoes' natural tartness.*

### INGREDIENTS

- **1 quart green tomatoes**
- Olive oil
- Salt and pepper
- **1-2 jalapeño peppers, cored and chopped**
- **2 garlic cloves**
- 1 medium onion, finely chopped
- **¼ cup finely chopped cilantro**
- 1 teaspoon ground cumin
- Juice of 1 lime



### DIRECTIONS

1. Slice the tomatoes in half lengthwise and place them in a baking dish.
2. Add a generous drizzle of oil and a sprinkle of salt and pepper and toss to combine.
3. Spread the tomatoes across the baking dish and broil for about 15 minutes until the skins are nicely charred on top and the fruits have started to collapse. (If using smaller fruits, keep an eye on them to ensure they don't burn to a crisp.)
4. Remove the tomatoes from the oven and set aside to slightly cool.
5. Add the tomatoes, jalapeño, and garlic to a blender or food processor and puree until smooth.
6. Pour the mixture into a medium bowl, then stir in the onion, cilantro, cumin, and lime juice. If desired, add salt to taste.



## **LAST CHANCE FOR SHISO!**

Shiso is an aromatic herb from the mint family. Shiso, also called perilla, is beloved in many Asian cuisines for its unique flavor—a mash up of citrus, cinnamon, clove, mint and even cumin! Shiso is used as an ingredient in sushi because it pairs well with fatty fish like tuna and salmon. It is added to salads for its bright citrus-like astringency. It is even used in drinks and desserts, or just cooked as a side dish in its own right. The downside of shiso is that it can be highly invasive. So we cut it to the ground once it starts to flower, to prevent it from dropping seeds. It's flowering now, so unfortunately, this is the last week to get some. Take as much as you want, and try some of the fun [shiso recipes](#) in the Recipe Index.

## Stuffed Spaghetti Squash **GF**

*The winter squash train is leaving the station, and its first stop is Spaghetti Town! Spaghetti squash gets a bad rap for being bland, but I love it. Because of its mild flavor, it is versatile and will take on the flavor of whatever you cook it with. I love stuffing it like this, because I can scoop out the stuffing along with shreds of the squash, and it feels like I am eating a yummy pasta dish.*

### INGREDIENTS

- **1 spaghetti squash**
- Olive oil
- Salt and pepper
- ½ lb ground beef or loose Italian sausage
- ½ cup seasoned tomato sauce
- ½ cup shredded mozzarella cheese
- ½ tsp fresh Italian herbs (optional)



### DIRECTIONS

1. Preheat oven to 400 degrees. Cut squash lengthwise and scoop out seeds. On a large baking sheet, rub insides of squash with olive oil and season generously with salt and pepper.
2. Bake until fork-tender, usually 35-45 minutes. Remove from oven and turn on broiler. Let cool enough to handle, then shred squash with a fork, leaving it in the shell.
3. While the squash is cooking, brown the ground beef or sausage in a medium skillet over medium heat. Drain meat if desired, then add tomato sauce. Stir mixture.
4. Divide meat and sauce mixture between squash halves, and top with cheese and chopped herbs. Broil until cheese is browned and squash is warmed through, 4 to 5 minutes. Serve hot.

## Sautéed Pac Choi with White Beans and Garlic **Veg, DF, GF**

*Most weeks, there are lots of choices in our CSA, but this week, there were just so many beautiful crops that were READY and needed to be distributed. So though you don't get as many choices, this week, everything you are getting is at the height of freshness and quality. The choi this week is a prime example of this—huge, gorgeous heads. Give it the starring role it deserves this week with this tasty salad.*

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- **2 cloves garlic, thinly sliced**
- ¼ teaspoon crushed red pepper flakes
- **1 head pac choi, washed and coarsely chopped**
- 1 cup chicken or vegetable broth
- 2 cans cannellini or other white beans, rinsed and drained
- Salt and pepper to taste



### DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add pac choi and cook, tossing often, until wilted and bright green, 5-7 minutes. Transfer to colander and let drain.
2. Add broth to skillet and deglaze, scraping up the brown bits. Add beans and simmer until hot throughout, 2-3 minutes. Return greens to skillet, toss gently with salt and pepper and serve.