

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 2
September 24 & 27

IN THE SHARE

- Winter Squash
- Garlic
- Greens Choices
- Kohlrabi
- Pac Choi
- Lettuce

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!



FIELD TOUR
at Red Wiggler Care Farm
10AM ON SATURDAY, SEPT 27TH
[click here to register](#)



LET SLEEPING BEES LIE

As autumn moves in and the weather cools, you might notice that you still see lots of bees in the PYO, but hear less buzzing, especially in the mornings. Bees sleep, like most fauna, and when the weather gets cooler, they sleep later and longer. Look around as you're walking through the PYO this week, and you're likely to see bees catching a few Zs, sometimes just hanging on a leaf or stalk, and sometimes adorably curled up right on the flower!

Seeing all the sleeping bees on our Monday morning field walk this week reminded me of a fascinating book called [The Bees](#), by Laline Paull. Told from the perspective of a worker bee inside a hive, this unique (and highly researched) novel sheds light on the high-stakes drama constantly playing out right under our noses. That drama is steadily rising as the bees prepare for the winter. But what are they actually doing?

When they're not sleeping, worker bees are still furiously gathering pollen and nectar to store for the winter. Nectar, which becomes honey through an [incredible natural process](#), is their main source of food during winter. And they use a lot of it. An average hive will need 80-100 pounds of honey to survive the cold season! Many of our flowers offer nectar into the fall—zinnias, sunflowers, marigolds, sage, goldenrod (in the Pollinator Garden) are just a few.

Another thing bees do to prepare for winter is kick the males out! Honeybee colonies are about 85% female, and they do all the work. The male bees, called drones, serve one purpose—to mate. And while that's often an important job, the queen does not mate or lay in the winter. And since males are bigger than females, eat more, and do no work, [they get evicted](#) when the weather gets cold!

Once winter really sets in, the whole hive will [cluster](#) around the queen and quickly vibrate their wings to create enough heat to keep everyone alive. The cluster is constantly moving around the central queen's "chamber," with cold, tired bees moving up to the honey stores and into the warmth, and warm, fed bees moving out and down to take their turn warming the hive.

It's easy to take this awe-inspiring saga of life and death for granted when we put a teaspoon of honey (which, by the way, takes 12 bees their whole lives to make!) in our tea. But take a moment, while you're picking in the PYO, to (quietly—they're sleeping!) cheer them on as they prepare for the winter ahead!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Stuffed Acorn Squash **GF DF Veg**

I love winter squash of all kinds and prepared in all sorts of ways. But it doesn't get much easier (or more delicious) than throwing a bunch of stuff in the hole you just scooped the seeds out of and popping it in the oven! Here's a fun vegetarian version of that from the [CSA Recipe Index](#). Serves 2 as a main dish, or 4 as a side.

INGREDIENTS

- 1 acorn squash, halved and seeded
- 3 tbsp plus 1 tsp extra virgin olive oil, divided
- Coarse salt & fresh ground black pepper
- 1 medium onion, diced
- 1 tsp chopped fresh sage
- 1 tsp fresh tarragon
- ½ cup cooked white beans
- ½ cup cooked quinoa
- 1 cup chopped kale (or any green you like)
- 2 tbsp chopped toasted hazelnuts, divided
- 1 lemon, or lemon juice



DIRECTIONS

1. Heat oven to 400 degrees. Brush squash with 1 tsp oil and season with salt and pepper.
2. Roast cut side down until tender, about 30 minutes. Remove from the oven and set aside.
3. Heat 1 tbsp in a medium skillet over medium heat. Add onion and cook, stirring, until tender, about 6 minutes. Add sage, tarragon, beans, quinoa, and kale. Cook, stirring, until greens wilt, about 2 minutes. Season with salt and pepper.
4. Divide stuffing between squash halves and roast until golden, 15-20 minutes. For each serving, sprinkle with hazelnuts, drizzle with the remaining oil, and finish with a squeeze of lemon. If you're feeling fancy, garnish with parsley and/or chives, pomegranate seeds, and slivered almonds.

Honey Garlic Chicken* **GF DF**

Inspired by the fascinating world of bees? Try this quick and easy recipe this week. Its delicious sauce means you'll come back to it again and again, and its simplicity means it's endlessly versatile!

INGREDIENTS

- 2 teaspoons extra-virgin olive oil (or canola oil)
- 1 ½ pounds boneless, skinless chicken breasts, cubed
- Salt and black pepper
- 3 tablespoons honey
- 3 tablespoons soy sauce or GF tamari
- 3 cloves garlic, minced
- Hot peppers, minced (optional, adjust for heat)



DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Lightly season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and brown on one side, about 3-4 minutes.
4. Meanwhile, make the glaze. Whisk the honey, soy sauce, garlic and hot peppers, if using.
5. Turn the chicken pieces over to begin cooking on the other side. Add the sauce to the pan and toss to coat the chicken pieces. Cook until chicken is cooked through, 4-5 more minutes.
6. Serve over steamed rice and top with chives, cilantro, and squeeze of lime juice, if desired.

**Make this vegetarian by using extra firm tofu instead of chicken*