

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 3

Oct 1 & 4

IN THE SHARE

- Kabocha Squash
- Green Onions
- Greens Choices
- Roots Choices
- Lettuce

PICK-YOUR-OWN

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

RED

Oregano, Chives,
Russian Sage,
Tarragon, Peppermint,
Spearmint, Lavender,
Blanket Flower,
Chives,

ORANGE

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

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! We're here
for you!**

Meet Our Food Assistance Partners: Part 1

Each season, as you probably know, Red Wiggler distributes 50% of its produce to underserved communities through local food access organizations. This week and next, we'd like you to meet our closest partners:



Since its humble founding in 1983, [Manna Food Center](#) has become a multi-faceted organization that distributes over 12,000 pounds of food a day, educates the community about healthy eating, and helps connect county residents with

the services they need to flourish. Manna funds our Farm to School CSA program, and helps us organize gleaning groups to harvest excess produce from our fields.



A program of Manna, [Community Food Rescue](#) is like a dating service for food pantries. Donors who have food to share list their offerings, and food pantries claim them. Then, volunteer drivers transport the food from the donor to the food pantry. CFR helps our county make great strides in reducing food waste, while alleviating 2 major pain points for food pantries: sourcing and transportation.



Birthered out of the COVID pandemic, [Community FarmShare](#) has a 2-part mission: feed hungry people fresh food, and pay local farmers a fair price for their work. CFS operates mobile farmers markets that distribute produce in neighborhoods that are considered food deserts, sends bags of fresh produce to families at area elementary schools, and coordinates a "veggie Rx" program where doctors prescribe patients fresh, local produce.

PYO HIGHLIGHT: Sorrel



Sorrel (*Rumex acetosa*) is native to the grasslands of Eurasia and is a member of the Polygonaceae family, which includes buckwheat, rhubarb and dock. Like other plants in the *Rumex* genus, sorrel leaves are food for the larvae of several species of butterflies and moths. Luckily, humans can eat sorrel too! Its sour, citrusy taste adds vibrancy to dishes around the world. In Afghanistan, sorrel leaves are battered, fried and served as an appetizer or to break the fast during Ramadan. In Armenia, leaves are braided and dried for

winter use, the most common being a hearty stew called [aveluk](#). The acidity of sorrel is said to dissolve thin fish bones, which is why fish and sorrel are often paired together in traditional French cuisine. For a simple introduction into the tasty world of sorrel, chop a few leaves and sprinkle over your next salad or soup. If you love it and want to dig deeper, try the sorrel soup recipe below, then experiment from there!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Sorrel Soup Veg (with modifications) GF (with modifications)

As mentioned above, sorrel is a commonly used green in many world cuisines. But for some reason, it's not that popular here in the states. It's us who are missing out though—sorrel's bright, citrusy tang brings vibrancy to everything you pair it with. This creamy soup, popular in the Baltic region, is a great introduction to sorrel—a flavorful bowl of fall comfort, brightened by the lightness of spring!

INGREDIENTS

- 2 tbsp butter
- 1 medium onion, diced
- 1 large potato, diced
- **2 carrots, diced**
- 3 cups chicken or vegetable broth
- 1 bay leaf
- **2 cups packed sorrel, de-ribbed**
- ½ cup sour cream
- 1 cup half and half
- 1 tbsp flour or 1½ tsp cornstarch
- Salt and pepper to taste
- ½ cup parsley, chopped (optional)
- 1 cup croutons (optional)



DIRECTIONS

1. Sauté onions and butter in a soup pot. Add potatoes and carrots and cook for 5 minutes.
2. Add 2 cups of the chicken broth and the bay leaf.
3. Puree the sorrel with remaining cup of chicken broth and flour or cornstarch and add to veggies.
4. Simmer for 15-20 minutes, stirring occasionally, until veggies are soft. Stir in half and half and sour cream. Simmer until heated. Season with salt and pepper to taste.
5. For a pureed soup, blend until smooth. For a chunky soup, serve as is.
6. Garnish with chopped parsley and croutons just before serving.

Aphid Attack?

As consumers of local and organic veggies, you're used to seeing a few bugs on your produce now and then. But if you happened to get a bunch of choy that was super buggy last week, please let me know (bonus points for pictures!). We are happy to replace the bunch with more choy, or with another item.

And for future reference, if you ever receive produce from us that you're unhappy with—whether it be from bugs or spoilage or something else—please contact us (and snap a pic!). Feedback from our members helps us pinpoint issues more quickly and improve our farming practices. Thanks for your help!