

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 4
October 8 & 11

IN THE SHARE

- Winter Squash/
Sweet Potatoes
- Garlic/Onions
- Roots Choices
- Greens Choices
- Peppers

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

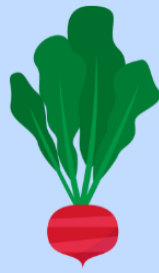
BROWN

Fennel Flowers &
Seeds

YELLOW

Sage, Lemon Balm

**Need help or
ideas? Just ask!
We're here for
you!**



FIELD TOUR
at Red Wiggler Care Farm
10AM ON SATURDAY, OCT 25TH
click here to register



Meet Our Food Assistance Partners: Part 2

In case you missed it, [last week](#) and this week, we are highlighting our closest partners in our fight against food insecurity in Montgomery County. We feel honored to partner with organizations that are working so hard on so many fronts: feeding hungry people, reducing food waste, and fostering community.



[Clarksburg Community Assistance Network](#): Operating out of a church basement in Clarksburg, CCAN is a small food pantry that operates monthly. Because of their small size, the all-volunteer staff gets to know their clients, welcoming and helping them with the warmth and care of old friends. We donate produce to CCAN every month, and have volunteered with them (along with some CSA members!) several times.

[AfriThrive](#): Dedicated to helping immigrant and minority families survive and thrive in Montgomery County, AfriThrive offers food assistance, business development assistance, financial literacy training, and more. They also have a farm where they grow produce that is culturally relevant to the African diaspora. They have been a recipient of many of our gleaned sweet potato greens—a nutritious vegetable that is not well known in our culture, but very popular across the African continent.



[So What Else](#): Originally founded as an after-school program for at-risk youth, So What Else made an immediate pivot into the food assistance world at the start of the COVID pandemic. Since then, they have taken their motto ("So What Else can we do to help?") seriously, expanding their food assistance operations to help meet the growing needs in our county. We donate to SWE regularly, and have even taken groups of staff and volunteers to help out at their weekly food distributions.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kohlrabi and Apple Slaw **VEG, GF**

This recipe is making its annual appearance in the newsletter. Long-time members might roll their eyes at my recycling of this recipe, but every year, I get plenty of questions about what to do with kohlrabi, and besides slicing it and dipping it in hummus (which, I've been told, I suggest for all fall roots!), this is my favorite thing to do with it. Don't let the long directions list scare you away, it's actually really easy to make!

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), trimmed of their stalks**
- 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. 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 chard or kale. Wash and de-stem a bunch of chard 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.

Sweet Potato Caldo Verde **DF GF Veg (w/modifications)**

Caldo Verde is a traditional Portuguese stew made with chorizo, potatoes, and kale. There's a delicious recipe for it in the [Recipe Index](#) (click on the potato picture), if you're interested. But this version, which was suggested to me by one of our CSA workshare volunteers, uses sweet potatoes instead. She clipped it from a newspaper years ago and said it's become a favorite in their house. I did find the original [Boston Globe link](#), but I hit a paywall, so no picture!

INGREDIENTS

- ¼ cup extra-virgin olive oil
- ½ pound chouriço, soft chorizo, or linguica, halved lengthwise and halves sliced ¼-inch thick
- 2 medium onions, chopped
- Salt and pepper, to taste
- **2-3 garlic cloves, crushed**
- 2 quarts chicken broth
- **2 pounds sweet potatoes, peeled and cut into ½-inch cubes**
- **1 bunch kale/mustards/chard, stems removed**
- 2 teaspoons cider vinegar, or more, to taste

DIRECTIONS

1. In a large Dutch oven or soup pot, heat the oil over medium heat until shimmering. Add the sausage and cook, stirring, until it is lightly browned and the oil is tinted red, about 5 minutes. With a slotted spoon, transfer sausage to paper towels to drain, and set aside. Pour all but about 1 tablespoon of the oil into a small bowl and set aside.
2. Return the pot to medium-high heat, add the onions and a sprinkle of salt, and cook, stirring, until softened, about 4 minutes. Add the garlic and cook, stirring, until fragrant, about another minute. Add the broth, sweet potatoes, and salt and pepper to taste. Adjust heat to high, and bring to a strong simmer. Adjust heat to medium-low, cover pot, and simmer until sweet potatoes begin to soften, about 10 minutes.
3. Meanwhile, cut the kale leaves into thin strips by stacking a couple of leaves at a time, rolling them lengthwise into a tight cylinder, and cutting across the cylinder to produce ribbons no more than 3-inch wide; you should have about 8 cups, lightly packed. Add kale and cooked sausage to the pot, adjust heat to medium, and simmer, stirring, until kale is bright green and tender, about 4 minutes.
4. Add the vinegar and stir to mix. Adjust the seasoning with salt, pepper, and vinegar and serve, drizzling each portion with some of the reserved sausage cooking oil.

PYO HIGHLIGHT: FENNEL SEEDS



Foeniculum vulgare, commonly known as fennel, is a flavorful culinary herb and medicinal plant. Fennel is productive and tasty all season, but at this time of year, the frilly leaves give way to fireworks-like bursts of seeds. Our big fennel patch in the Brown PYO is currently full of both ripe and dried seed pods. Fennel seeds are delicious from a culinary perspective—if you like the flavors of anise and licorice. Use the fresh green seeds whole in salads, or crushed in dressings, marinades or sauces; use the cracked dry seeds on meats and roasted vegetables. Medicinally, fennel is used in many parts of the world to ease everything from menstrual cramps to bad gas. It has also been traditionally thought to aid digestion, inhibit appetite to aid in weight loss, and increase lactation in new mothers. New to—or unsure about—fennel? Start with a simple [fennel tea](#), [candied fennel seeds](#), [fennel seed pork roast](#), or even this fun [fennel brittle](#)!