

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 7
Oct 29 & Nov 1

IN THE SHARE

- Sweet Potatoes/
Winter Squash
- Leeks/Garlic
- Turnips/Radishes/
Kohlrabi
- Greens Choices
- Green 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, Thyme

ORANGE

Calendula, Pincushions,
Parsley, Sorrel,
Sunflowers, Cosmos,
Snapdragons

PINK

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

BROWN

Fennel Flowers & Seeds

YELLOW

Sage, Lemon Balm

**Need help finding or
using the flowers and
herbs in the PYO? Just
ask a RWCF staff
member or volunteer!**

EASY-FREEZY GREEN PEPPERS

In preparation for frosts, we recently stripped our pepper plants, which were loaded with lots of shiny green peppers. You got a pound of them last week, and they are making another appearance this week. I know, for many of you, that's more peppers than you'll eat fresh, and they don't last forever. Here's an easy way to preserve your peppers for winter use. Even if you never do any food preservation, give it a try—I promise, this is as easy as it gets!

First, rinse the peppers and slice them in half, longways. Remove the stem and seeds, and either pull or slice out the white ribs along the inside of the peppers. Chop the peppers into whatever size you like—perhaps you like

making fajitas or stir-frys and want them in long, thin strips; or maybe you want them diced for pasta sauce or gumbo. Once the peppers are chopped, spread them in one layer over a baking sheet that has been lined with waxed or parchment paper. Put the baking sheet in the freezer, and let freeze overnight.

The next day, simply put all the pepper pieces into a freezer bag or other airtight container. Store in the freezer, and grab a handful of peppers whenever you want them. No need to thaw first; you can throw frozen peppers into a hot saute pan or soup pot without any extra steps. It's that easy!



If freezing peppers wet your whistle for more food preservation, here are some other tips for making your CSA share last into the winter:

Leeks: leeks can also be frozen without blanching. First, slice your leeks into rounds and [wash well](#). Once strained, pat dry and spread onto a lined baking sheet. Freeze and store the same way you did for the peppers. Pro tip: onions can also be preserved this way. Even though they store well whole, I love having a bag of pre-chopped onions in my freezer—it makes meal prep so much faster!

Garlic: garlic stores very well at room temperature if you keep it dry and out of the light. But if you want to pre-prepare, you can mince or crush it, then freeze in ice cube trays. Just put a teaspoon or so of garlic in each mold, fill halfway with water, then freeze. Later, fill the tray the rest of the way with water and freeze again. This will completely encase the garlic in water and keep it fresh for a long time. Put the cubes into a freezer bag, and use them as desired. This method also works well for fresh herbs and fresh ginger.

Greens: greens take a little more work to preserve, but if you love greens, your winter self will thank you for taking the extra time now. See [this newsletter article](#) about how best to preserve greens for winter use.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Stuffed Bell Peppers GF DF (with modifications) Veg (with modifications)

If you don't want to go to the trouble of preserving your bell peppers, try this yummy stuffed pepper recipe. It's the classic, cheesy, meaty version, but you can modify it pretty easily to fit your tastes and diet. If you'd rather meal prep than preserve, these peppers are very freezer-friendly. Serves 6. Adapted from onceuponachef.com.

INGREDIENTS

- 1 pound ground beef (or substitute)
- 1¼ teaspoons salt, divided
- Heaping ¼ teaspoon baking soda
- **3 large bell peppers, cut in half from the stem to the bottom and cored**
- 3 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- **2 cloves garlic, minced**
- 1½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon dried oregano
- 1 (8-oz) can tomato sauce
- 1 cup cooked rice, quinoa, or any grain
- 1½ cups shredded Monterey Jack or Cheddar Jack cheese (or substitute)



DIRECTIONS

1. Preheat the oven to 425° and set an oven rack in the middle position.
2. Tenderize the beef: In a medium bowl, using your hands, mash the beef with 1 teaspoon of the salt and the baking soda. Let sit for 20 minutes while you continue with the recipe.
3. Place the peppers, cut side up, in a 9x13 baking dish; drizzle with 1 tablespoon of the oil and sprinkle with the remaining ¼ teaspoon salt.
4. Roast the peppers for about 20 minutes, until slightly browned and tender-crisp. A bit of liquid will accumulate in the bottom of the peppers; that's okay.
5. Meanwhile, heat the remaining oil over medium heat in a large nonstick skillet. Add the onion and cook, stirring frequently, until soft and translucent, 3 to 4 minutes. Add the garlic and cook 1 minute more; do not brown. Add the ground beef mixture, chili powder, cumin, and oregano and increase the heat to medium high. Cook, breaking the meat up with a wooden spoon, until the meat is browned and almost cooked through, 4 to 5 minutes. Add the tomato sauce and bring to a boil; reduce the heat to medium low and cook, uncovered, until the meat is cooked through, 2 to 3 minutes. Add the cooked rice and ¾ cup of the cheese, and stir until melted. Remove from heat.
6. Remove the peppers from the oven and spoon the meat filling evenly into the peppers. Sprinkle with the remaining ¾ cup cheese and place back in the oven. Roast for 10 to 15 minutes, until the filling is hot and the cheese is melted and bubbling. Remove from oven, and serve.
7. Make-Ahead Instructions: The peppers can be partially cooked and filled with the beef mixture up to 2 days ahead of time and frozen for up to 3 months. When ready to serve, defrost overnight in the refrigerator and bake in a 425° oven for about 20 minutes, or until the filling is heated through. Remove the dish from the oven and remove and discard the foil. Top the peppers with shredded cheese and place back in the oven for another 5-10 minutes, until the cheese is melted.