

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 8
November 5 & 8

IN THE SHARE

- Squash/Sweet Potatoes
- Garlic
- Greens Choices
- Roots Choices
- Horseradish

PICK-YOUR-OWN

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

RED

Chives, Russian Sage, Tarragon, Peppermint, Spearmint, Lavender, Blanket Flower, Nicotiana, Lovage

ORANGE

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

PINK

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

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!

HELPING TO FEED THE NEED

The government shutdown is fueling a growing need for food assistance, not only from furloughed federal workers, but from the folks who rely on those people going to work—house cleaners, dog walkers, dry cleaners, restaurant owners/workers, and more. As much as we wish we could, we can't magically make more produce appear in our fields. But we will do what we can. Read on for what we're planning to do, and how you can help.

As mentioned last week, we will be holding our Thanksgiving Market on **Saturday, November 22nd from 10am to 12pm**. In addition to selling our produce, we will also be collecting non-perishable food for our food assistance partners. **Anyone that brings non-perishable food to contribute will receive 10% off their produce purchase.** After the market, we will pack up a large donation of produce and non-perishables to send to our food assistance partners.

Can't make it to the market? Bring your non-perishable donations to CSA during these last 2 weeks, and receive 10% off any additional veggies you purchase.

Are you and your family affected by the shutdown and starting to feel the pinch? Please reach out to Rachel either by email or in person so we can cut out the middleman and get food to you directly.

UPCOMING VOLUNTEER OPPORTUNITY

In order to donate as much food as possible, we plan to strip our greens field right before the Thanksgiving Market, and we anticipate needing some help. If you are interested in volunteering for a harvest on the morning of either November 19th or 20th, please let Rachel know. We will confirm all the details by the end of next week.

COMPOST MATTERS

For those of you who participate in our compost program, please note that the **final chance to drop compost at the farm will be on Saturday, November 22nd from 10 am to 12 pm**. If you do not plan to compost over the winter, please **return your compost containers** to us during your final visit to the farm. If you do want to compost this winter, see next week's newsletter for options.

CSA SURVEY

It's time for our annual CSA survey. Your feedback is really important to us, and helps improve the CSA experience. This year, filling out the survey (and providing your email address) will enter you into a **drawing for \$50 off your 2026 CSA registration**. [Click here](#) to take our brief survey. Thank you!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Creamy Butternut Squash and Coconut Noodle Soup **GF DF Veg**

As I have said to many of you, I love winter squash any way I can get it. But I know that other folks might get tired of the same old roast, soup, or curry. So here is a delicious recipe [adapted from NYT Cooking](#) inspired by a northern Thai dish called khao soi. It's comforting and easy to make—perfect for a quick meal on a chilly fall night.*

INGREDIENTS

- 3 tablespoons vegetable oil
- **1 small butternut squash (1-1.5 lbs), peeled and cut into 1-inch chunks***
- 2 tablespoons red or yellow curry paste
- 1 (3-inch) piece fresh ginger, grated (about 3 tablespoons)
- **1 clove garlic, crushed**
- 1 teaspoon ground turmeric
- 2 (13-ounce) cans full-fat coconut milk*
- 2 to 3 cups vegetable or chicken stock
- 2 teaspoons fish sauce or 1 tablespoon soy sauce
- 2 tablespoons brown sugar
- 8 ounces fresh or dried egg noodles (wide or thin)
- Salt and pepper to taste
- Lime wedges, **cilantro**, thinly sliced **radishes**, **chopped chives**, and chili oil



Kerri Brewer for The New York Times. Food Stylist: Barrett Washburne.

DIRECTIONS

1. Bring a pot of water to a boil for the noodles. Meanwhile, in a large pot or Dutch oven, heat the vegetable oil over medium-high. Add the squash, season with salt and cook, stirring occasionally until slightly softened and lightly golden in spots, 5 to 7 minutes. Stir in the curry paste, ginger, garlic and turmeric. Cook, stirring often, until very fragrant, about 1 minute, lowering the heat if necessary to keep from scorching.
2. Add the coconut milk and bring to a simmer. Cover and cook, stirring occasionally, until squash is tender enough to mash, 10 to 12 minutes. Uncover and use a wooden spoon or potato masher to crush the squash into small pieces. Add 2 cups of the stock, fish/soy sauce and brown sugar. Bring to a boil, then turn the heat off. Add more stock for a brothier soup. Season with salt and pepper, and adjust other seasonings to taste.
3. While the squash simmers, cook the noodles per the package directions.
4. To serve, divide the noodles into bowls, ladle the soup over, very generously squeeze lime over, and top with cilantro, radishes, chives, and chili oil.

* To create a complete meal, add chunks of chicken, tofu or shrimp.

* See this [past newsletter](#) for tips on peeling and cutting butternut squash.

* For a lower fat soup, use less coconut milk and more broth, and substitute yogurt for sour cream.

Smashed Turnips with Fresh Horseradish **VEG, GF**

I'll be the first to say it, turnips are not my favorite vegetable. They lack the audacity of a sun-ripe tomato, the drama of an eggplant, the coolness of a cucumber... But what turnips lack in flair, they make up for in dependability. Turnips are steadfast—one of the first on the scene in spring, and one of the last to leave in the fall. And when prepared right, they can be downright delicious! This week, try this simple side dish with turnips and horseradish, [adapted from NYT Cooking](#), and see how good reliable can taste! Serves 4-6.

INGREDIENTS

- **8 large turnips (about 2 pounds), scrubbed, topped, and quartered**
- **½ cup sour cream**
- **1 clove garlic**
- **2 tablespoons freshly peeled and grated horseradish**
- **Salt and pepper, to taste**
- **Handful of chopped chives**



DIRECTIONS

1. Place the turnips in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat, then reduce the heat to low and simmer until fork-tender, about 15-20 minutes. Drain thoroughly, then return to heat, stirring regularly, to allow residual moisture to cook off.
2. Place the turnips in a bowl and, while they are still hot, add the sour cream, garlic, horseradish, salt and pepper. Mash with a wire whisk or potato masher until well combined but still chunky. Adjust seasoning as needed, and serve immediately.

