

The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2025 Week 9
November 12 & 15

IN THE SHARE

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

PICK-YOUR-OWN

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

RED

Chives, Tarragon,
Russian Sage,
Marigolds, Nicotiana

ORANGE

Sorrel, Snapdragons,
Calendula

PINK

Parsley, Statice,
Cilantro, Dill,
Strawflower,
Gomphrena

BROWN

Fennel Seeds

YELLOW

Sage

***Please note that, at this time of year, the PYO availability is subject to change suddenly based on weather conditions, especially freezing temps!**

This week is the
LAST CSA
of the season!

THANKSGIVING MARKET

We are once again offering a Thanksgiving Market so you can stock up on veggies before the holiday. **This year's Thanksgiving Market will be on Saturday, November 22nd from 10 am to 12 pm.** Our Thanksgiving Market is a festive time to bring friends and family to the farm, and say "see you next year" to staff and fellow CSA members. Coffee and tea and tasty treats will be provided. We hope you'll come!

FEED THE NEED

In order to help our community, we will be collecting non-perishable foods at the Thanksgiving Market to donate to our food partners along with our donation of produce. **Bring a donation of non-perishable food and receive 10% off your Red Wiggler purchase.** If you can't make it to the market on the 22nd, you can bring your donation and receive the discount at CSA this week instead.

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.

BIG GREENS GLEAN

In order to provide as much food as possible to our community, we are planning to harvest as many greens as possible from our fields next week, and we need some help! If you are interested in volunteering to pick greens with us next Wednesday or Thursday (19th or 20th) morning, please let me know. We will send details once we finalize them either Friday or Monday.

LIBRARY BOOKS

If you borrowed a book from our lending library this season, please remember to bring it back this week, and cross your name off the check-out list. Thank you!

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!

COMPOST MATTERS

*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 clean and return your compost containers to us during your final visit to the farm.** If you do want to compost over the winter, see below for options.*

- All MOMs locations offer free compost drop-off services. Check out their [locations list](#) to find out if there is a store near you. They also have a comprehensive [info page](#) about composting that is worth checking out.
- [Compost Crew](#) (the service we work with) offers home pick-up/drop-off services starting at \$32 per month. Service in some neighborhoods may cost less (or even free!) due to people already composting in your area, or municipalities covering the cost. Find out how much service to your home costs by entering your address in their [sign-up form](#).
- Montgomery County operates compost collection services at several county locations. See their [site listing](#) to find out if any locations are near you.
- Finally, if you live in [Gaithersburg](#) or [Rockville](#), these cities offer compost drop-off free to residents. Click on the city name to get location info.



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Garlic Confit **Veg, GF, DF**

Confit is a French term for slow-cooking an ingredient in fat at a low temperature to preserve and tenderize it. It is then stored submerged in the fat, which acts as a seal. The confit method was used for preservation before refrigeration. Though confit was traditionally used to preserve meats, we can use the same method to preserve garlic. The low-heat cooking mellows garlic's sharpness while deepening its sweetness, leaving you with something you're going to want to eat with and add to just about everything!

INGREDIENTS

- **3 heads garlic**
- 1 cup extra-virgin olive oil
- 1 bay leaf
- ¼ tsp thyme
- ¼ tsp freshly ground pepper
- ¼ tsp salt



DIRECTIONS

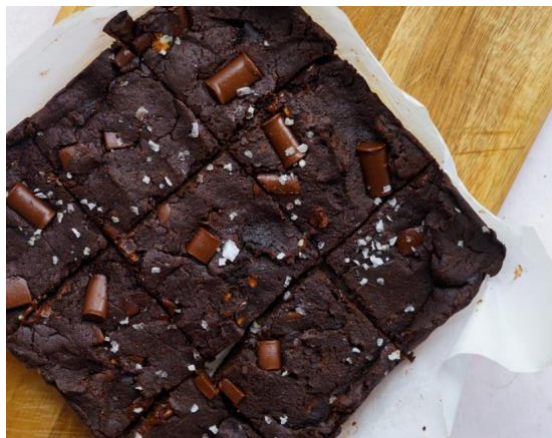
1. Break the garlic heads into individual cloves. Trim off the end of each clove, and peel.
2. Combine the garlic cloves, oil, salt and spices in a small saucepan over medium-low heat and bring to a gentle simmer. Lower the heat to maintain a very gentle simmer.
3. Maintain this heat level for 45 minutes to 1.5 hours, until the cloves are very tender and golden brown.
4. Transfer to an airtight glass jar, making sure the cloves are completely submerged in the oil.
5. Refrigerate for up to 2 weeks in the fridge, and up to 3 months in the freezer.
6. If planning to freeze, you can divide into smaller quantities by using an ice cube tray.

Fudgy Sweet Potato Brownies **GF DF Veg**

With the holidays coming up, I thought I'd close out the recipes with an usual sweet treat—sweet potato brownies. These dense, dark goodies are actually a pretty healthy choice, as far as holiday desserts go. The sweet potato adds its own sweetness, minimizing the need for sugar, plus fiber and vitamins. Make these brownies as is, or dress them up with nuts, coconut, different chocolates, toffee bits, peppermint, or marshmallows to dial up the holiday fun!

INGREDIENTS

- **1 cup mashed, cooked sweet potato**
- ½ cup nut butter of choice
- ¼ cup maple syrup
- 1 tsp vanilla extract
- ½ cup cocoa powder
- ¼ cup oat flour (can sub almond or wheat)
- 1 tsp baking powder
- ½ cup chocolate chips
- 1 tsp flakey salt (optional)



DIRECTIONS

- Preheat the oven to 350 degrees and line a 9x9 pan with parchment paper.
- In a medium bowl, combine the sweet potato, nut butter, vanilla and maple syrup. Mix well.
- In a small bowl, thoroughly combine the flour, cocoa powder, and baking powder.
- Add the dry ingredients to the wet, and stir until a very thick batter is formed.
- Mix in chocolate chips and/or any other mix-ins and transfer to your baking pan. Sprinkle with salt.
- Bake for approximately 30 minutes, or until middle is set. Allow to cool before slicing and serving.