

Spring 1
May 16 & 19, 2012

The Worm's Voice

Red Wiggler's CSA Newsletter

Welcome to the 2012 Season!



In your share:

Hakurei Turnips
Head Lettuce
Mustard Greens
Mizuna
Kale
Spring Onions
Strawberries from
Butler's Orchard

In the PYO:

Chives
Lovage
Mint
Catnip
Chamomile
Irises
Wildflowers
(hunt for the early
bloomers!)

We are so happy to have you with us as we begin the season here at Red Wiggler. Our staff is here to facilitate the best possible CSA experience for you. Please let any one of us know if you have any questions or concerns about your share or the farm in general.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.

Your Member Handbook

We are delighted that so many new and familiar faces were able to join us at Muffin Luck. If you weren't able to be there, please collect your CSA handbook in the barn during your pick up this week or find it online under CSA Newsletters. If you missed the tour, we hope you will consider joining us for a Field Walk this season!

Updates from the fields

In this portion of the newsletter, we will share both our successes and our challenges as a way to give you some insight into what goes on in the fields as we work to grow your produce each week.

To lead with some good news, the greens are thriving! The plants are so happy that many are bumping up against the floating row cover that shields them from harsh weather and discourages snacking bugs. Much of this success is due to our green house. This season, we were able to start the kale inside and transplant the strongest plants into the fields instead of sowing seeds directly into the soil and thinning the plants later. This process has resulted in stronger, healthier plants that are producing lots of greens for us this spring. We hope you enjoy them!

Berries from Butler's Orchard

The strawberries are in at Butler's Orchard, and our growers have made the trip across the street to pick a bunch of berries just for you! Not only are these outings a great way for the growers to get involved with our larger community, the strawberries are a fantastic addition to spring salads. While all of our Red Wiggler produce is organic, please note that Butler's Orchard is not an organic farm but do use Integrated Pest Management (IPM) practices. Visit their website for more information.

Get to know: Greens

Mustard Greens

A cousin to collards, cabbage and kale, mustard greens pack a spicy, peppery punch when enjoyed raw. Cooking mellows the flavor, resulting in greens that taste a bit like spinach, but with more substance to the cooked leaf. They can be sautéed with a bit of olive oil and garlic, or a few shakes of sesame oil and toasted sesame seeds.

Mizuna

This Japanese mustard green has a similar appearance to wild arugula, and shares its peppery flavor. While delightful in salads, it can also be used as you would kale or chard. Throw a handful in a stir fry during the last minute of cooking for great color and fresh flavor

Hakurei Turnips & Greens

Hakurei are a Japanese variety of turnip that are bright white and round with a mild, crisp flesh that is delicious raw or cooked. The greens are full of vitamins, and are wonderfully tender early in the season. Sauté the roots & greens together for a great dish.

Super Greens with Garlic & Onions

- ½ cup thinly sliced onions or spring onions (bulb & lower 1/3 of greens)
- 1-2 cloves garlic or 2-3 garlic scapes ,minced
- 1 Tbsp Olive Oil
- 1 large bunch greens, washed and torn into large pieces
- 1/8- ¼ c cooking liquid- either broth or water
- A dash of sesame oil
- Salt & pepper to taste

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to soften and brown, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the greens and broth and cook until greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

Stir-fried Bok Choy & Mizuna with Tofu

from Bon Appetit

- 3 1/2 tablespoons soy sauce, divided
- 4 teaspoons Asian sesame oil, divided
- 3 1/2 teaspoons unseasoned rice vinegar, divided
- 1 14- to 16-ounce container extra-firm tofu, drained
- 2 tablespoons peanut oil
- 4 green onions, chopped
- 1 tablespoon finely chopped peeled fresh ginger
- 2 garlic cloves, finely chopped
- 4 baby bok choy, leaves separated (substitute kale)
- 12 cup loosely packed mizuna (about 8 ounces)

Whisk 2 tablespoons soy sauce, 2 teaspoons sesame oil, and 1/2 teaspoon vinegar in bowl.

Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Drain 10 minutes.

Heat peanut oil in large nonstick skillet over medium-high heat. Add tofu and cook, without moving, until golden brown on bottom, 2 to 3 minutes per side. Transfer tofu to paper towel to drain, then place tofu on sheet of foil and brush both sides with soy sauce mixture.

Wipe out any oil from skillet. Add 2 teaspoons sesame oil and place skillet over medium heat. Add green onions, ginger, and garlic. Stir until fragrant, about 30 seconds. Add 1 1/2 tablespoons soy sauce and 3 teaspoons vinegar, then bok choy. Toss until greens wilts, 1 to 2 minutes. Add mizuna in 2 batches, tossing to wilt before adding more, 1 to 2 minutes per batch. Season greens with salt and pepper. Add tofu to skillet. Toss gently to blend. Transfer to platter.