

Week 12B
August 17 & 20, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Heirloom & Red
Tomatoes
Cherry Tomatoes
Potatoes
Sweet Peppers
Hot Peppers
Cucumbers
Eggplant
Summer Squash
Basil

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:
Flowers
Mint
Nasturtiums
Oregano
Lavender
Anise Hyssop
Sage
Parsley
Parsley
Cilantro

One of the quintessential tastes of summer, the basil is here and in full force. As the weather stays hot and the basil has lots of energy, it works hard to go to flower and seed. Our job is to keep it from flowering, as it develops tougher stems and becomes less flavorful once it reaches its reproductive goal. To that end, we have harvested bunches of fragrant basil for you to enjoy as part of your share this week.

Basil is so outstanding that it holds its own in a classic pesto, is so accommodating that it will happily blend with just about any of your summer vegetables, and so good with tomatoes that we highly recommend giving it a chance to shine with its favorite summer partner. Simple and mouth-watering, the Tomato Bread Salad recipe that follows begs you to stop for a loaf of crusty bread so you can make it as soon as you get home. Seriously.

As for the basil harvest going forward, the way we harvest basil changes a little throughout the season. If you ever have any questions about the best way to pick the basil (or anything else) to keep it coming for the foreseeable future, please ask staff for a quick lesson, and thanks for picking with future harvests in mind!

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it.
Thanks~

Auction Update!

The Annual Harvest Supper & Silent Auction on Saturday, September 10th, is fast approaching, as is the start of the online portion of our auction, which begins **this Monday August 22nd** at 8 am. Check out the early offerings at www.BiddingforGood.com/RedWiggler.

If you have **items to donate** to the auction, please bring them to any CSA pickup or email us at auction@redwiggler.org. We are collecting items for inclusion in the live auction through August 27th, and will be posting new items to the online auction as they are received. Thanks for your generosity!

We are also beginning to collect **volunteers** both to help with the event itself, the set up process, and we'll need some folks to bring or **bake delicious desserts** for the Harvest Supper! If you'd like to lend a hand, we would love to hear from you. Sign up in the barn or email us at auction@redwiggler.org.

Tomato Bread Salad with Herbs

From Gourmet

This is an incredible side dish for any grilled summer food, or a meal in itself that showcases the bright flavor of the heirlooms this time of year.

- 1 tablespoon balsamic vinegar
- 1 garlic clove, minced and mashed to a paste with a pinch salt
- 1/4 cup extra-virgin olive oil
- 2 cups 3/4-inch cubes crusty bread
- 1/2 pound vine-ripened red tomatoes, cut into 3/4-inch wedges
- 1/2 pound vine-ripened yellow tomatoes, cut into 3/4-inch wedges
- 1/4 cup Niçoise or Kalamata olives
- 1/4 cup fresh basil leaves, washed well, spun dry, and chopped fine
- 1 tablespoon fresh marjoram leaves, chopped fine (optional)

Before cubing, toast or grill bread slices until just brown at edges.

Prepare tomatoes (heirloom varieties recommended) by slicing in half across the equator, then gently pushing out the seeds. Core and wedge tomatoes.

In a bowl whisk together vinegar, garlic paste, and pepper to taste and whisk in oil until emulsified. Add remaining ingredients and salt to taste and toss to combine well. Let salad stand at room temperature 15 minutes to allow bread to soak up some dressing.

Grilled Zucchini & Summer Squash with Basil Parmesan Dressing

From Bon Appetit

- 2 medium-large zucchini, trimmed, halved lengthwise
- 2 medium-large yellow crookneck squash, trimmed, halved lengthwise
- 2 tablespoons olive oil

- 1/2 cup chopped fresh basil
- 1/3 cup freshly grated Parmesan cheese (about 1 ounce)
- 2 tablespoons balsamic vinegar

Prepare barbecue (medium heat).

Place zucchini and crookneck squash on large baking sheet; brush all over with 3 tablespoons oil. Sprinkle with salt and pepper.

Grill vegetables until tender and brown, turning occasionally, about 10 minutes. Transfer to plate and cool.

Cut vegetables diagonally into 1-inch-wide pieces. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 2 tablespoons oil and toss to blend.

Season to taste with salt and pepper and serve.