

Week 7A
July 6 & 9, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Summer Squash
Zucchini
Carrots
Peppers
Beans
Beets
Fresh Garlic
Kohlrabi

In the PYO:

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

Keeping it Fresh

For some of you, storing your vegetables may not be something you ever think about. Perhaps you have a voracious appetite and manage to consume all of your share in the first 24 hours. Then there are those of us who work our way through the share with a little less speed. If this is you, it is worth your time to take a few minutes to prepare your veggies for storage so that they maintain their maximum nutritional value, flavor, and crispness through the week.

A few storage tips for this week:

- While we are always reminding you to wash your produce, many vegetables actually fare better in the refrigerator unwashed. Store them unwashed and save the bath until you are ready to use them.
- Summer squash, zucchini and peppers are all happiest wrapped up in a plastic bag in the crisper drawer. Make sure you keep your fruits and vegetables separate- some fruits give off gasses that will shorten veggies fresh life.
- Beans and green garlic like to breathe and should be stored in the fridge, loosely wrapped in a plastic bag. Beans and green garlic will keep for up to 5 days this way.
- Kohlrabi, beets, and carrots should all have their greens separated from the roots when you get home. Trim the greens, leaving an inch of stem on the root. Beet & kohlrabi greens will keep well for up to two weeks in a plastic bag with a damp paper towel, while the roots of all are happiest unwashed in a dry, loosely wrapped bag. Carrots stored the same way will keep for about a month!

★Red Wiggler's 5% day at Whole Foods was a success! We raised \$4,379, so thanks to all of you who came out to support us and spread the word to your friends.

★Have items you would like to donate to the Annual Harvest Supper & Silent Auction? Look for Liz during CSA pickup next week for more information, check out the website, or ask staff!

Sage Buttered Summer Veggies

This is not a recipe to be followed to the letter, but more of a preparation technique that really highlights the flavors of these yummy summer veggies.

- 2 Tbsp butter
- 2 Tbsp Olive oil
- 10-15 sage leaves, chiffonade
- 1 or more summer squash or zucchini, trimmed and cut into thin matchsticks
- 2 or more carrots, washed and cut into matchsticks
- 1 or more spring onions, cut in half then sliced into very thin half moons

1. In a skillet large enough to accommodate all you veggies, heat the butter & olive oil together over medium high heat.
2. When the oil is hot, add the sage leaves and stir until the leaves are crispy and fragrant.
3. Add the carrots, onions and squash sticks. Stir frequently until the vegetables just begin to soften. Remove from heat immediately.
4. Serve as a side dish, draped over rice or vegetables, or as a base for grilled meat or fish.

Adjust your cooking time so that the veggies are crisp-tender. Also, you might experiment with other herbs in the same preparation. Summer savory lends an Italian aroma and should be added at the beginning, while dill tastes fresh and bright and should be added at the very end, once the dish is removed from heat.

Fresh Green Beans, One Way

- 1 lb green beans
- 1 cup chopped onion
- 2 cloves garlic
- 1/2 cup chopped bell pepper (red is sweetest, but green work too, or try 2 tablespoons bacon grease (can substitute 1 T butter and 1 T olive oil)
- 1 cup chicken broth
- 1/2 to 1 teaspoon kosher salt (can substitute regular table salt; use 1/4 to 1/2 teaspoon)
- Ground black pepper

1. Snap the stem ends of green beans, or cut them off in a big bunch with a knife if you'd like.
2. Melt fat in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until beans turn bright green.
3. Add the chicken broth, chopped pepper, salt, and black pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape.
4. Cook for 10 to 15 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp. You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can caramelize.

From thepioneerwoman.com