

Week 8B
July 13 & 16, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter

**No CSA Pickup Next Week,
7/20 & 7/23**

Watch your email for your next pickup date
reminder. Thanks!



In your share:

Potatoes
Beets
Cucumbers
Summer Squash
Cherry Tomatoes
Red Tomatoes
Carrots
Peppers
Onions

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

Hello Tomatoes! ... and Potatoes! and Cucumbers!

True to form, this mid-July week brings us a trio of summer favorites.

Potatoes

On Monday, the crew harvested 756 pounds of potatoes! That's a whole lot of spuds, and there are plenty more where they came from. The variety you'll see this week are the Adirondack Reds, named not just for their ruby skin, but for the bright pink flesh as well. Known for their excellent flavor, they are a waxy potato that can be boiled, baked, mashed, pan-fried or roasted. Go with roasting if you like the red color; this preparation is supposedly deepens the red of the inside.

New potatoes stored in a dry space at room temperature will keep for about two weeks. If you have a dark, dry cellar space that is cooler, they will keep longer. Just remember to store potatoes and dry onions separately- gases released by the onions spoil potatoes faster.

Tomatoes

The tomato crop is looking strong! The stink bugs are surfacing, but so far we have minimized their impact. Heirlooms will be along later this summer, but until then, the cherry and classic red tomatoes are ready!

We grow three different varieties of the cherry tomato- the Sun Gold (bright orange and sweet-tart), Yellow Pear (yellow fruit with low acidity), and Sun Cherry (tangy red fruit- yum!). Each variety is a little different, so give them all a try. The early varieties of red tomatoes are great sliced. All your tomatoes should be kept on the counter, out of the sun, and they should never go in the refrigerator (unless you like them pulpy and with less flavor).

Cucumbers

Store these as you do your summer squash- loosely wrapped in a plastic bag in the fridge. You can peel them, or not; remove the seeds, or not; make some delicious refrigerator pickles, or not! Its entirely up to you how you choose to enjoy these crisp green wonders.

★ 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~

Ab's B and B's (Refrigerator Pickles) *from Alton Brown*

A quick and delicious way to enjoy your cucumbers, these refrigerator pickles are a fresh-pack or quick process canning method that capitalizes on the acid of the vinegar and the preservative power of the refrigerator to stay fresh and delicious. There are lots of variations on this recipe, so if the spices aren't quite to your liking, have a look around for another combination that might be!

Ingredients

- 1/2 onion, thinly sliced
- 2 medium cucumbers, thinly sliced
- 1 cup water
- 1 cup [cider vinegar](#)
- 1 1/2 cups sugar
- Pinch [kosher salt](#)
- 1/2 teaspoon [mustard seeds](#)
- 1/2 teaspoon [turmeric](#)
- 1/2 teaspoon celery seeds
- 1/2 teaspoon pickling spice

Directions

Combine onion and cucumber slices in a clean spring-top jar (or jar with tight-fitting lid)

Combine the remaining ingredients in a non-reactive [saucepan](#) and bring to a boil. Simmer for 4 full minutes to wake up the flavors of the spices.

Slowly pour the hot pickling liquid over the onion and [cucumber](#) slice, completely filling the jar. Allow the pickles to cool to room temperature before topping off with any remaining pickling liquid. Refrigerate.

Cherry Tomato Couscous *From 101 Cookbooks blog*

- 3 cups cooked couscous*
- 1/2 a basket of cherry tomatoes, halved
- 1 medium cucumber, peeled and cut into 1/4-inch pieces
- 1 cup cooked chickpeas
- 1 lemon, cut in half 1 lime, cut in half
- about 1/4 cup extra virgin olive oil
- fine grain sea salt
- freshly ground pepper
- 1/3 cup basil or cilantro, chopped
- 1/3 cup feta cheese, crumbled

1. To cook the couscous: Either follow the package instructions or bring 3 1/2 cups of water to a boil, stir in a scant 2 teaspoons fine grain sea salt and 2 cups of couscous. Cover and remove from heat. Steam for 5 to 10 minutes and then use a fork to fluff up the couscous.
2. Combine the couscous, tomatoes, cucumber, and chickpeas in a large bowl.
3. Start by giving a good squeeze of lemon and lime juice into the bowl, add the olive oil, and some salt and pepper. Toss well, taste, and adjust with more of the above until it tastes just right. Be generous with the salt, and the lemon and lime juices might need to be adjusted depending on how juicy the fruit is.
4. Add the basil and feta and toss gently until it is evenly dispersed.