

Week 9A
July 27 & 30, 2011

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Onions
Garlic
Beans
Tomatoes
Cherry Tomatoes
Carrots
Cucumbers
Summer Squash

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

Welcome back to part two of our season! The break last week provided some important down time for everyone and everything here at Red Wiggler. Most years, this week is spent preparing for Montgomery County's Farm Tour and tending to the mid season maintenance that helps us to stay strong and productive in the heat.

This year, we opted out of the Farm Tour because of our fantastic building project, well underway. Instead, the growers spent the week keeping up with the needs of our crops. By harvesting lightly, we give the plants a bit of a break amidst the stressful heat while encouraging them to continue producing for us!

The light harvest resulted in a delivery of 434 pounds of produce to one of our partnering group home agencies on Wednesday, and an additional 124 pints of cherry tomatoes to another partner agency on Friday! That is great news for those folks living in these group homes who might not otherwise have a chance to experience fresh, locally grown organic produce.

Of course, our growers got a bit of a break, too, and just when it was needed most! Because we had some flexibility around harvest time, the crew took off in the 100 degree heat of last Tuesday and enjoyed refreshing smoothies while supporting Music Cafe, a great local eatery in Damascus.

Happy, healthy, and rested, we are delighted to have you back at the farm this week and are looking forward to a wonderful rest of the season!

★ 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~

★Have items you would like to donate to the Annual Harvest Supper & Silent Auction? Look for Liz during CSA pickup, email us at auction@redwiggler.org or check out the website!

Dilly Carrots *from Eating Well*

If canning has always seemed a little intimidating, let this delightfully tangy recipe serve as your introduction to preserving. Since these are kept in the fridge instead of on the shelf, there is less to worry about and more to enjoy! These yummy carrots have lots of great uses, from salads to snacking straight from the jar.

Ingredients

- 2 1/2 pounds carrots, peeled and cut into 3-inch sticks (about 9 cups)
- 12-24 sprigs fresh dill
- 3-6 whole large cloves garlic, sliced
- 3 cups distilled white or cider vinegar
- 3 cups water
- 2 tablespoons plus 2 teaspoons sea salt
- 2 tablespoons sugar

Directions

Place a large bowl of ice water next to the stove. Bring a large pot of water to a boil in a large pot. Add half of the carrot sticks, cover, return to a boil and cook for 2 minutes. Use a slotted spoon to transfer the carrots to the ice water to cool. Repeat with the remaining carrots.

Drain the cooled carrots and divide among 6 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids. Divide the dill and garlic among the jars.

Combine vinegar, 3 cups water, salt and sugar in a large saucepan. Bring to a boil and stir until the salt and sugar dissolve. Boil for 2 minutes. Remove from the heat.

Carefully fill jars (or containers) with brine to within 1/2 inch of the rim, covering the carrots completely. (Discard any leftover brine.)

Place the lids on the jars (or containers). Refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 1 month.

Pesto-Topped Grilled Summer Squash

From Eating Well

Toasty rustic pesto takes simple grilled squash from ordinary to exceptional with tangy lemon and fresh garlic. Serve as a side dish or chop the grilled squash, combine with the pesto and toss with pasta for a light entree.

- 1/2 cup chopped fresh basil
- 1/4 cup pine nuts
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon grated Parmesan cheese
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 2 medium summer squash, (about 1 pound), sliced diagonally 1/4" thick
- Canola or olive oil cooking spray

1. Preheat grill to medium-high.
2. Toast pine nuts. Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
3. Combine basil, pine nuts, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
4. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. Serve topped with the pesto.