

Red Wiggler's CSA Newsletter

In your share:

Onions
Summer Squash
Chard
Collards
Kale
Head Lettuce
Garlic Scapes
Dill/Basil/Cilantro
Butler's Blueberries

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:
Lavender
Lovage
Chervil
Fennel
Nasturtiums
Mint
Fava Beans
Feverfew
Calendula
Coreopsis
Wildflowers

5% Day at Whole Foods Wednesday, June 29th



We are seriously excited to be the recipients of 5% of the Net Sales from Whole Foods Market in Kentlands. Here's how it works:

1. *Make your shopping list.* Be sure to include all those staples that you use throughout the summer- grains, pastas, canned goods, your favorite beverages. Whole Foods often offers a discount when you purchase a case of something, so don't be shy! You might want to think beyond the groceries as well- now is a great time to treat yourself to the new body product you've been eying, stock your shower and medicine cabinet, and think about any birthday or hostess gifts you'll be giving this summer.

2. *Tell your friends, your family, you neighbors & coworkers, their neighbors & coworkers...* The more friends of Red Wiggler we have spreading the word, the more we can capitalize on this awesome opportunity to increase the resources we have to achieve our mission.

3. Do your grocery shopping at the Whole Foods in Kentlands on Wednesday, June 29th.

They are open from 8 am to 9 pm every day.

3. *We'll bag your groceries for you!* Stop and visit the Red Wiggler representatives who will be sharing information about our programs and mission while you shop. We will be there all day bagging groceries, with a seed activity for the younger set, and smiles for everyone who shops.

As always, we appreciate all you do for Red Wiggler Community Farm and our programs, as we work to create fertile ground to nourish a healthy and inclusive community. By supporting us as members of our CSA, you make it possible for our growers to achieve gainful employment while working in an environment that recognizes everyone's unique ability to contribute here on the farm and develop life long vocational skills.

This is just one more way to make your dollars do a little bit more for our community. Thanks, and we'll see you on Wednesday!

Garlic Scape and Almond Pesto

Hopefully by this point, you are well acquainted with the many delights of the garlic scape. Here is another fabulous way to enjoy them. Smother some pasta with this fresh and chunky sauce, or dip into it with a hunk of fresh bread. Mmmm.

10 garlic scapes, finely chopped
1/3 to 1/2 cup finely grated Parmesan
1/3 cup slivered almonds (you could toast them lightly, if you'd like)
About 1/2 cup olive oil
Sea salt

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest.

from Dorie Greenspan, doriegreenspan.com

Sautéed Collard Greens

This recipe is the creation of our all-star volunteer and your fellow CSA customer, Claire. As so many of us do, she has taken her favorite aspect from a few recipes and come up with her own delicious kitchen tested preparation.

- 2 bunches of washed collard greens, trim stems and cut into 1 inch strips
- Equal amounts green onions (include green tops) and garlic scapes, sliced (determine amount according to your taste) These are both mild and will not overpower the collards.
- 1 TBS. unsalted butter
- 1 TBS. olive oil
- A handful of bacon previously cooked and crumbled (optional)

1. Place collard strips in boiling water. Cook for 5 minutes.
2. Drain in colander and rinse with cold water to stop the cooking.
3. Melt butter over med. heat, add olive oil
4. Sauté the onion and garlic scapes for 5 minutes or until soft
5. Add previously cooked bacon, stir, cooking for 2 additional minutes
6. Squeeze remaining water from collards and add to pan
7. Sauté for approx. 5 minutes
8. Season to your own taste with one of the following:

Salt and pepper
Lemon juice
Lemon and herb spice
Cider vinegar

Note: If you think collards are too bitter, mix baking soda in your first rinsing. You could also add sugar to the boiling water before cooking.