

Spring 1
May 15 & 18, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter

Welcome to the 2013 Season!



In your share:

Mizuna/Mibuna
Head Lettuce
(Ridgeline & Red
Cross varieties)
Kale
Collards
Mustard Greens
Baby Hakurei
Turnips
Radishes (Easter
Egg variety)

In the PYO:

Chives
Parsley
Mint
Winter Savory
Lovage
Irises

Hello Spring! We are excited to have you with us for our Spring Share. This week is all about getting started on the right foot, so read on, check in, and let us know if you have any questions. We are here to make sure you have the best experience possible; please let us know how we can help!

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.

Your Member Handbook

We are delighted that so many new and familiar faces were able to join us at Muffin Luck last weekend. If you weren't able to join us, please take a moment to review the member handbook- you can find it online under CSA Newsletters. If you missed the tour, we hope you will consider joining us for a Field Walk this season! Let us know if you have any questions!

Keeping up with the latest at Red Wiggler

This season, we will be focusing your Worm's Voice newsletter on your veggies, with insights into the varieties we harvest, and the best ways to store and prepare your share. To keep up with all that happens in the fields and the programs your membership supports, we hope you will tune in to our Monthly Red Wiggler Newsletter for links to stories as the season unfolds, and like us on Facebook to keep up with life on the farm in real time.

Join us for Reading Wigglers Book Club

All are welcome to join us for Reading Wigglers, our Red Wiggler book club, meeting on the 4th Wednesday of the month. Read the book, bring a dish or drink to share, and stop on by! Our next gathering is Wednesday, May 22 when we will discuss *The Seed Underground* by Janisse Ray. Email kara@redwiggler.org with questions.

Get to know: Greens

Hakurei Turnips & Greens

Mild, crisp and juicy, Hakurei are a Japanese variety of turnip that are bright white and round. Enjoy them raw, roasted, braised or pickled. The greens are wonderfully tender early in the season and are best given a light sauté or drizzled with a warm dressing to wilt them. Sauté the roots & greens together for a super balanced dish.

Glazed Hakurei Turnips & Greens

adapted from Bon Appetit

The sugar in this recipe is what makes the glaze, and it works beautifully on all manner of spring root vegetables. However, these turnips are so sweet and tender on their own that omitting the sugar and replacing the butter with a lighter oil or even water will yield an equally delightful dish.

- 1-2 bunches baby hakurei turnips, baby turnips, or red radishes (about 1 pound), trimmed, greens reserved
- 2 Tbsp unsalted butter
- 1 tablespoons sugar
- Kosher salt

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil.

Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 10 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2–3 minutes. Season with salt. Serve warm.

Pickled Hakurei Turnips

from Marissa McClellan author of Food in Jars

- 1 bunch hakurei turnips (approximately six, see note above)
- 1 teaspoon salt
- 1/2 cup rice wine vinegar
- 1 teaspoon sugar
- 1/2 tea black peppercorns, crushed
- 3 thin slices of ginger

Wash turnips well and slice them thinly on a mandolin. Place turnip slices in a small bowl and toss with the salt. Let rest until there is a pool of liquid on the bottom of the bowl, about 30 minutes. Drain turnips of the salty water and pack into a pint sized mason jar.

Add vinegar, sugar, pepper and ginger slices. Apply a watertight lid and shake to combine. Place pickled turnips in the fridge and chill before eating. Pickles can be eaten within an hour of being made and will keep for at least a week.