

Spring 6
June 19 & 22, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Kale
Collards
Chard
Beets
Spring Onions
Kohlrabi
Turnips/Radishes
Garlic Scapes

In the PYO:

Lettuce
Dill
Cilantro
Parsley
Winter Savory
Valerium
Snap Peas
Mint
Bachelors Buttons
Wildflowers

Staring in a supporting role

It is easy to get caught up in the centerpieces of our cooking, focusing on the heartiest part of the dish instead of the details. While it can be great to keep things simple, sometimes simple can be elevated to truly special by adding a star, like charming little arugula flowers, in a supporting role.

Arugula is known for stealing the show in salads with its bold, peppery flavor. Once it bolts (sending up a stalk and setting flower buds) the leaves become tougher and increasingly bitter; not good news for salad enthusiasts. The silver lining is in the arugula flowers, which you'll find in your share this week.

These delicate white blossoms have veins of purple and a flavor that is a little nutty, a little peppery, and a little sweet, kind of like arugula. Being edible, you can throw them on top of just about anything to score loads of style and presentation points. Green salads, pastas, and soups are good choices, and thinking outside the box only elevates the experience. Sprinkle them over eggs, or better, use them to garnish a frittata. Let them shine in the Arugula Flower Parathas with potato- the crispy pan-fried South Asian flat bread can be rolled thin enough to look like hand-made paper with pressed flowers!

Store the arugula flowers loosely covered in your refrigerator for a day or so, or better yet, use them immediately as they have a tendency to wilt quickly.

Pick Your Own

- The herbs are really coming into season now, and we have increased our stash of blue flags so that anything available for you to pick will be clearly marked. Please respect the flags, picking what is offered and if you have questions about how to harvest or how much is fair to take, please ask a staff member.

- Wash your veggies! We give everything a rinse as it comes out of the fields, but we do ask that you wash your produce well at home too. This goes double for the herbs and lettuces flagged in the PYO- they don't get washed at all.

Potato and Arugula Flower Parathas

Adapted from Domenica Marchetti

- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 1 large russet or yellow gold potato
- 1/4 cup onion, finely chopped
- 1 t cumin/coriander powder
- ½ teaspoon salt
- 1 Tablespoons fresh arugula flowers

To make dough, mix flour and salt in a shallow, flat bowl or pan. Add warm water slowly, drop by drop at the end, until you get a sticky bread-like dough. Cover and set aside.

Boil, peel and mash 1 large potato. Mix in the onion and spices. Gently fold in the arugula flowers.

In the palm of your hand, create small golf ball sized rounds of dough. Flatten them, and then fill with a small amount of the filling. Gather up all the dough and fold it inot fold into quarters around the filling. Roll out again, maintaining the triangle shape if you like (or just make yourself a larger disc, about the size of a small dinner plate).

Fry the pancakes over medium high heat in a skillet coated with a dollop of cooking oil, turning to lightly brown both sides. Serve immediately with a side of strained or greek yogurt (top that with extra arugula flowers if you like).

Charred spring onion Frittata

Adapted from The Art of Simple Food

- 5-6 spring onions, halved and grilled until lightly charred
- 3-4 tablespoons olive oil
- 6 eggs
- 2 cloves garlic or 4 garlic scapes, chopped
- 1 tablespoon chopped fresh parsley or cilantro
- salt & pepper to taste

If you are working ahead, make this Frittata the day after you planned a grilled meal. Slide the onions onto the grill, then refrigerate them until you are ready to cook.

Roughly chop the already charred spring onions into ½ inch sections.

Lightly beat 6 eggs. Add 2 tsp olive oil, pepper, garlic, and herbs. Stir the onions into the egg mixture.

Preheat a clean 10 inch pan over medium-low heat. Pour in egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath. Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate and pan upside down to turn the frittata onto the plate.

Pour 1 tsp oil into the pan. Slide the uncooked side of the frittata into the pan and cook for 2-3 more minutes. Slide onto a plate and serve warm or at room temperature.

This dish can be made ahead and frozen whole, or cut into wedges, wrapped in wax paper and frozen in zippered bags. It makes a great quick breakfast, or serve along side a green salad for lunch or dinner. And don't forget to top with Arugula Flowers.