

Spring 7
June 26 & 29, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Lettuce
Kale
Collards
Chard
Spring Onions
Beets
Kohlrabi
Turnips
Parsley/Basil/
Cilantro

In the PYO:

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

Spring Share wraps up this week

Thanks so very much for joining us for the Spring Share! We enjoyed a really wonderful spring and we hope you did too.

For those of you coming back for a Summer Share, note that we will not have pickup next week. This transition week is designed to allow us time for planning and planting as we look forward to the rest of the season. We will see you back the week of July 10th.

There are still a few fall shares available; if you already have yours, let your friends know! We do hope you enjoyed your share, and we would love to hear what you think. Look for a survey coming to your email inbox shortly. Any feedback is greatly appreciated- thanks!

Banner Bees Honey this week

Perhaps you have noticed the hives of honeybees alongside the fields. These happy pollinators are managed by Andrea & Chet of Banner Bees, who have generously brought some honey bears for you to sample this week. Find them at BannerBees.com and at the Olney Farmer Market on Sunday mornings!

A few dates to add to your calendar

Whether you will join us for another season of CSA or not, we hope you will come out for some of our great events still to come this year! Put them on your calendar, and check out the website for more details.

July 27th **Farm Tour** 10 am to 4 pm

All are welcome to our open house event! Bring your friends and family to enjoy tours, music, and activities for everyone. We will have vegetables for sale as well.

September 7th **Harvest Celebration** 4 pm

Come together with friends of the farm as we celebrate the harvest. Partake in chef prepared tastes from the fields, wonderful music, local beverages, and lots of silent auction items! Tickets are limited, so watch for your invitation and your chance to bid!

October 5th **Solar Home Tour** 11 am to 5 pm

Come visit the Solar Home built by the University of Maryland's 2005 Solar Decathlon team here on the farm. This beautiful net zero home will be open to the public with staff on hand to answer your questions!

Smitten Kitchen's Flatbreads with Honey and Herbs

Makes about 16 flatbreads

1 3/4 cups all-purpose flour
1 teaspoon baking powder
3/4 teaspoon table salt
1/2 cup (118 ml) water
1/3 cup (79 ml) olive oil
2/3 to 3/4 cup (about 3 ounces) grated Mahon, Parmesan or other hard cows milk cheese
1/3 to 1/2 cup honey
1 tablespoon fresh thyme, parsley or winter savory
Flaky sea salt

Preheat oven to 450°F with a heavy baking sheet or pizza stone on a middle rack.

Whisk together flour, baking powder, and salt in a medium bowl. Make a well in center, then add water and oil and gradually stir into flour with a wooden spoon until a dough forms. Knead dough gently on a work surface 4 or 5 times. It will feel quite oily

Divide dough into 4 pieces and roll out 1 piece at on a sheet of parchment paper into a longish irregular rustic shape; mine were about 12"x6". The dough should be rolled thin and (yes) very oily.

Slide rolled out dough and parchment paper together onto the preheated baking sheet or stone, and bake about 5 minutes, until lightly golden. Leaving the oven on, remove tray from oven and quickly sprinkle with 1/4 of grated cheese. Bake an additional 3 to 4 minutes, until browned at edges and in thinner spots. Remove flatbreads from oven a final time, quickly drizzle each with honey (about a tablespoon per flatbread, or more if you like), sprinkle with sea salt and garnish with thyme leaves. Cut each cracker width-wise into 4 sections (about 3"x6" each) with a sharp knife. Repeat with remaining pieces of dough. Serve warm.

Wilted Chard & Caramelized Onions

Adapted from Josh Tyson

2-3 spring onion bulbs, thinly sliced (you can throw in the chopped onion greens)
6-10 leaves of Swiss chard, with stalks
1/2 c raisins
1/2 c unsalted cashews, chopped
2 Tbsp grapeseed or olive oil
2 tsp olive oil
2 Tbsp rice vinegar

Method:

Heat the oil over medium-high heat. When it is hot, throw in the onions. Saute them until they get brown and start smelling a little sweet (10-15 minutes). While the onions cook, cut the Swiss chard into ribbons and place into a serving bowl. Pile the bright red stalks separately and cut them into little crescent pieces.

When the onions are brown, throw in the bits of stalk and let them cook for 30 seconds. Throw in the raisins and cashews and stir for 5-10 seconds. Deglaze with the rice vinegar and remove the pan from heat. Let the mixture cool for a few minutes and then toss with the chard. The heat from the oil will wilt the chard. (If not, pop it over the heat for an additional 2-3 minutes.)