

Spring 1  
May 14 & 17, 2014

# The Worm's Voice

## *In your share:*

- Daikon Radish  
Microgreens
- Bagged Greens
- Chives or Rhubarb
- Irises or Lovage
- Dried Tussie  
Mussie
- 2 Plants

## *In the PYO:*

- Mint (L)
- Sage (U)
- Anise Hyssop (A)
- Bee Balm (A)
- Chamomile (A)
- BachelorButton (A)
- Winter Savory (C)

## **PYO Key:**

- L – Lower PYO
- U – Upper PYO
- A – Wedge A
- B – Wedge B
- C – Wedge C
- T- Triangle outside fence
- W - Wildflowers

*Red Wiggler's CSA Newsletter*

## Welcome to the 2014 Season!

How did the long winter treat you? Did you notice how long it seemed to stick around and how slow spring was to show up? So did we! And so did our fields...

With low soil temps and little sun our fields are taking their time to catch up to this 80 degree heat we've had this week. The good news – everything is looking great! The rain has kept everything well irrigated and all the plants will be stronger and more resilient as the season progresses. This does mean that your share this week it a little light on veggies.

We are committed to providing you high quality vegetables. If we harvested this week the vegetables would be small and not at their best. To supplement your share this week we are putting in some specialty items that we hope you're excited about. While the beginning of your spring share is a little light – don't worry! We will make up to you in the coming weeks when everything is ready and looking great. We are very grateful for your support and membership in our CSA.

### ***Microgreens***

**What:** These sprouts are very young Daikon Radishes, harvested after just two weeks of growth. We grew them in our greenhouse.

**Taste:** They have the mild spiciness of radishes. They taste refreshing and a bit peppery, like arugula.

**How to Use:** These are great toppings on a variety of dishes. Sprinkle a handful of microgreens on soups, salads, curries, sandwiches, stir-fries, and any other savory dish you want. They shouldn't be cooked—just added on top or mixed in after cooking is finished. They are great to experiment with!

### ***Dried Tussie Mussie***

These beautiful and fragrant bouquets are made from strawflowers and sweet annie from the fall that we dried over the winter. If you're a fan of these decorative air fresheners keep an eye out as the season goes on for more sweet annie to make your own!

### ***Herbs and Flowers in this weeks share***

At this point in the season PYO favorites like rhubarb, chives, irises and lovage are just starting to be ready. In order to make sure everyone gets what they want and to encourage more growth of these items in the PYO we have picked them for this week and made them part of your share.

### ***Plants for your home garden***

This week you will have a choice of 2 plants to bring home with you. Feel free to pick our brains about care and varieties. Some of the available plants include: Tomatoes – New Girl, Celebrity, Pink Beauty, Prudens Purple, Black Prince; Cherry Tomatoes – Sun Gold, Sun Cherry, Yellow Mini, Black Cherry, Pink Tiger; Sweet Peppers – Red Ace, Sweet Sunrise –(orange variety), Chocolate; Hot Peppers –Jalepeno, Hot Pepper; Lettuce, Parsley or Chard

### ***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!

### ***Recipes***

#### **Rhubarb**

##### **Rhubarb-Cherry Sauce**

Storage: Wrap rhubarb in plastic and store in the fridge until you're ready to use it - up to a week.

In addition to pie and sweet treats, rhubarb can have a savory side to!

#### Ingredients

- 1/2 cup dried cherries
- 1 tablespoon balsamic vinegar
- 1 teaspoon plus 2 tablespoons olive oil
- 1/2 cup finely chopped onion
- 8 to 10 ounces rhubarb, ends trimmed, cut crosswise into 1/2-inch pieces (2 cups)
- 3 tablespoons sugar
- Pinch of ground nutmeg
- Coarse salt and ground pepper
- 4 pork loin chops, (each 1/2 inch thick and 6 to 8 ounces)

1. In a small bowl, combine cherries with vinegar and 1/4 cup hot water; let stand 10 minutes to soften.
2. In a small saucepan, heat 1 teaspoon oil over medium-low heat. Add onion; cook until softened, stirring occasionally, about 10 minutes.
3. To the saucepan, add cherry mixture, rhubarb, and sugar; bring to a boil. Reduce heat; simmer until rhubarb has softened, 5 to 8 minutes. Stir in nutmeg; season with salt and pepper. Remove from heat; keep warm.
4. Generously season both sides of pork chops with salt and pepper. In a large skillet, heat remaining 2 tablespoons oil over medium-high heat. Cook pork (in two batches, if necessary, to avoid crowding the pan) until browned and cooked through, 3 to 4 minutes per side. Serve topped with warm sauce.

#### **Lovage Soup**

With cool temps returning at the end of this week, enjoy this lovage soup!

#### Ingredients

- 2 tablespoons butter
- 1 bunch green onions (white and light green parts, chopped)
- 1 medium yellow onion (peeled and chopped)
- 2 quarts chicken stock
- 3 medium Russet potatoes (peeled and chopped)
- 1 bunch (1 oz) lovage leaves (chopped fine)
- heavy cream (to serve)

1. Melt the butter in a heavy-bottomed stock pot over medium-high heat. When it froths, reduce the heat to medium and stir in green and yellow onions. Fry until fragrant, about five minutes.
2. Pour in chicken stock and stir in chopped potatoes. Simmer, covered, about thirty minutes or until potatoes are tender. Stir in lovage and simmer, covered, a further five or six minutes.
3. Remove from heat and blend with an immersion blender until smooth. Season with unrefined sea salt and freshly ground pepper. Stir in a spoonful of heavy cream and serve.