

Spring 4
June 4 & 7, 2014

The Worm's Voice

In your share:

Arugula
Lettuce
Mustard Greens
Kale
Swiss Chard
Spring Onions
Turnips
Radishes

In the PYO:

Peas(In Field)
Mint (L)
Lovage (L)
Rhubarb (U)
Sage (U)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Winter Savory (C)
Wildflowers

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

Busy, Busy, Busy!

Mid May thru the first week of June are always our busiest times out in the field and this year has been no exception. In addition to harvesting, we have been busy hoeing, weeding, picking the Colorado Potato Bug off the potatoes, planting sweet potatoes, planting watermelon and butternut squash, and experimenting with a new no-till planting method. This week we rolled down our cover crop of rye and hairy vetch and planted the second planting of tomato plants directly into the rolled down residue without tilling. This is the first year we have tried this, so we are pretty excited to see how our experiment of less plastic and more sustainable farming practices turns out. Check out our Facebook page to see Matt on the electric tractor rolling down the rye and vetch.

Plants For Sale

We have extra tomato plants and eggplants from our planting this week. Plants will be on sale for \$4/each. Varieties include: Brandywine, Green Zebra, Striped German, Orange Blossom, and Belstar.

The Pea Are In!

The snap peas are in and ready for you to harvest! The snap peas are in the field on your left as you walk towards the upper PYO (that's the area inside the fence) and are marked with blue flags. Find a staff member if you'd like a quick pea picking tutorial. A few things to know:

-- When you harvest, do your best to remove the bean and its cap. This helps the bean stay fresh a bit longer and also lets the plant know the bean is gone so it will produce more. If you pull the entire stem, the plant stops producing, so two handed picking is best. Look for the example pea at the sign-in table!

--The more you pick, the more we will have next week. When we take the peas off the plant before they get too big and fat, the plant gets the signal to produce more. Grab a bag, basket, or bucket, and get out there!

- Give them a good rinse when you get them home, then enjoy snap peas raw as a snack, tossed in a stir fry, or lending their crunch to a pasta salad.

Welcome to Katie! (Goodbye Laura)

We said goodbye to Laura Reynolds, our Program Coordinator this week as she heads across the country to the great Northwest. We are sad to see her leave, but wish her safe travels and many adventures on her new journey!

We are excited to welcome Katie Junghas to our team, as the new Program Coordinator. Katie has been a weekly volunteer with us the last several years, so we are excited to have her join us full time in the fields, leading school groups, and working with volunteers and growers. If you see a new face around in the fields, make sure to say hello! And if you want to come join us to volunteer, please email Kate – Katie@redwiggler.org We are always excited to have our CSA members work with us in the fields.

Recipes

Ever wonder how farm staff like to use their veggies? Here are quick recipe ideas from our Farm Manager Andrea on how she likes to use her spring veggies. If you have some favorite ideas/recipes that you would like to share, let us know!

Swiss Chard – Make an omelet or frittata with sautéed **spring onions, chard**, and goat cheese.

Arugula – Make an arugula salad with walnuts and fresh lemon and olive oil dressing. Or make an arugula pizza.

Turnips – (does anything beat the taste of sautéed Hakerei Turnips?)

Slice up the Turnip Greens, very thin, like chopping Cabbage for coleslaw. Slice up the **Turnips** and keep them separate from the greens. Sauté a bunch of chopped **spring onions** in some olive oil. Then add the sliced turnips and sauté for a couple minutes until turnips are soft. Then add the chopped greens, salt and pepper to taste and sauté for a couple minutes. Don't over cook the greens, you want to take them off the heat when they turn bright green!

Mustard Greens/Kale/ Collards – just perfect sautéed with **spring onions** and chopped finely with some olive oil, salt/pepper.

Mizuna/Mibuna/Turnip Greens/Mustard Greens/Spinach/Collards – (any kind of greens you are trying to use up or don't necessarily like the taste of sautéed.): Add bunched Greens to a simple Dal recipe.

Simple Dal (*makes 4 servings*)

- 1 cup split red lentils (rinsed)
- ½ tsp g. turmeric
- Salt
- 2 Tbsp. olive oil
- bunched spring onions (or ½ onion thinly sliced)
- 2 small, dried red chiles, thinly chopped (omit if you don't like spicy)
- ½ tsp cumin seeds
- ¼ tsp mustard seeds
- 2 garlic cloves, finely chopped
- 2 Tbsp ginger
- freshly ground pepper
- bunched greens (thinly sliced like slaw and chopped) Mizuna and Mibuna work great sliced thinly including sliced stems

In a medium saucepan, sauté onions until brown with oil, about 5 minutes. Add the chiles, cumin, and mustard seeds and cook, stirring for about 1 minute until the seeds start to pop. Add the garlic and ginger and cook, stirring for 30 seconds. Add 4 cups of water, lentils, turmeric, and a few pinches of salt. Bring to a boil and then lower heat to a bare simmer, covering partially. Cook until lentils are soft and resemble a thick, textured porridge, stirring occasionally and watching so it doesn't boil over or scorch, 15-20 minutes. Once cooked, add the thinly sliced greens and allow it to simmer for a few minutes. Season with salt and pepper.

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.