

Spring 5  
June 11 & 14, 2014

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

## ***In your share:***

Lettuce Mix  
Kale  
Collards/Mustards  
Chard  
Turnips  
Garlic scapes  
Radishes or  
Kohlrabi or  
Arugula Flowers  
Spring Onions

## ***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)  
Parsley (U)  
Wildflowers (W)

## **PYO Key:**

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

## **About this week's share...**

### **Kohlrabi**

**Storage:** Do not wash until ready to use. Remove leaves, then store bulb and leaves separately in plastic bags in the refrigerator.

**Preparation:** Wash in cold water. Remove tough outer skin with a knife.

**Usage:** Kohlrabi can be eaten raw or cooked. Add chopped kohlrabi to green salads, pasta or potato salads for crunch; sauté, roast or make into fries.

Kohlrabi (kol-ROB-ee) is a member of the turnip family, sometimes called the cabbage turnip. It grows its bulb just above the surface of the soil, and the leaves grow out of the bulb. It is harvested once it reaches the size of a tennis ball.

Kohlrabi is one of the crops we plant early in the spring, as it takes awhile to grow and develop its delicious crisp, apple-like flesh.

### **Swiss Chard**

**Storage:** Store Swiss Chard in the refrigerator in a plastic bag. The greens are best used within 5-7 days.

**Preparation:** Rinse in cold water just before using. Chop greens into 1" strips, stems should be chopped into sections 1/2" or smaller.

**Usage:** Steam or sauté with olive oil. Serve as a side dish (as you might spinach) or add to soups and stews.

### **Spring Onions**

**Storage:** Keep spring onions in the refrigerator, loosely covered with a plastic bag. They are best used within 7 days.

**Preparation:** Remove the outer layer from the onion bulb. Cut off the root ends and trim the tops about 1/4 inch. Slice bulb in half or in quarters.

**Usage:** Slice half onions into thin rounds and add raw to salads; grill onion halves until just soft; Use in any way you would use dry storage onions.

### **Arugula Flowers**

These flowers can add both beauty and a little kick to your salad. Their flavor is nutty and a little peppery – very similar to arugula leaves. Leave them in a vase of water to decorate your table until you're ready to munch on them!

### **Garlic Scapes**

These are the garlic seed stalks that can be chopped finely and sautéed with olive oil and then added to your cooking greens. Can be used just like fresh garlic!

### **PYO**

The Pick Your Own is really blossoming. Be sure to take advantage of the snap peas – there are plenty now, but with the heat really setting in they'll be gone before you know it!

## ***Recipes***

### **Grilled or Roasted Garlic Scapes**

Garlic Scapes- as many as you like  
Olive oil  
Salt- Corse or Kosher Salt works best

Preheat your grill or oven to 425°.  
Drizzle scapes with olive oil and sprinkle with salt.

To roast, place in a lightly oiled roasting pan, cover, and roast 40 minutes or until they begin to brown.

To grill, spread the scapes over the grilling surface and cook about 15 minutes, until tender with some color.

Serve them as a side dish (like asparagus), spread on crostini (as you would roasted garlic), or cut into bite sized pieces and tossed with fresh cooked pasta.

### **Simmered Turnips and Greens**

From Fickle Creek Farm

2 large turnips (approx 8 oz)  
1 TBS butter and 1 TBS butter  
salt and black pepper

Cut turnips like lemon wedges (washed, but no need to peel). Place turnip wedges into a pot just wide enough to fit in a single layer. Add enough water to cover half way up the turnips.

Add 1 TBS butter and pinch of salt. Simmer covered until almost tender. Finish uncovered until water is reduced by half. Stir in 1 TBS butter and add salt and black pepper to taste.

Variations:

Sweet: Add ¼ cup honey or brown sugar with water at beginning, simmer until turnips are tender, cook uncovered until sauce thickens. Stir in butter.

Soy-Ginger: Add 1 TBS soy sauce, 2 tsp chopped fresh ginger and 1 TBS honey with water at beginning, simmer until turnips are tender, cook uncovered until saucy consistency. Stir in butter.

Turnips and Greens: Same basic recipe but cook 2 to 3 cups chopped turnip or other greens with turnips.

Smoked Polish Sausage: Saute ¼ to ½ lb sliced sausage in a bit of olive oil. Add turnips and water and follow basic recipe. You will likely not need additional salt or butter.

TIPS:

- The key to this recipe is to use just enough water so that when cooking is complete the water/butter mixture has reduced and becomes quite flavorful.
- Chicken stock may be used instead of water for a richer flavor.

### ***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.