

Spring 7
June 25 & 28, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Spring Onions
Kohlrabi
Beets
Chard
Kale/Collards
Turnips
Lettuce Mix

In the PYO:

Peas(In Field)
Mint (L)
Lovage (L)
Sage (C)
Salvia (C)
Yarrow (C)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Winter Savory (C)
Parsley (U)
Wildflowers (W)
Cilantro (T)
Dill (T)

PYO Key:

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

On the farm...

We planted Ginger this week, and are looking forward to digging the strange-shaped roots this fall!

The Colorado Potato Beetle has reared its ugly head at Red Wiggler. Because we don't use pesticides, we can't ever eradicate an infestation, but we can try to stay ahead of it. So, we had our bug warriors out in the potato, tomato and eggplant fields looking under the leaves for the bright yellow egg masses, picking the voracious black and orange larvae and the fat, striped beetles off their perches. Lots of volunteers joined the growers in the hunt, and our efforts seem to be paying off in healthy-looking plants.

In this week's share...

Beets

Be sure to enjoy the roots **and** the greens. You can use the greens like most others – sauté them with some garlic, onion and oil/butter and enjoy!

It is the last spring share this week, and we hope you have enjoyed your veggies. After the late spring start, the veggies have really thrived. We will be sending you a survey via email shortly. Please fill it out and give us your feedback. We value your opinion! Next week, there is no CSA pickup. Summer Shares will start Wed, July 9 and Sat, July 12

As an extra bonus for this last week, Woodbourne Creamery at Rock Hill Orchard is donating a pint of Milk for each of our CSA Customers. Their Golden Guernsey Creamline milk is high in beta carotene and other vitamins. See the website <http://www.rockhillorchard.com/> for more information.

PYO

You might see something new in our PYO Wedge A & Wedge C this week! We have been busy putting in trellises for 2 new (to us) varieties this year! The Red Noodle Bean and the Tyria Cucumber. The Red Noodle Bean is a long Red Bean that is used in Thai cooking and the Tyria Cucumber is a long English cucumber. We planted the seeds this week and are excited to watch them grow! We still have peas, but fewer now that we are getting into the hot summer days.

Anise Hyssop

This beautiful flower and greenery can be enjoyed in bouquets and on your plate! The minty licorice flavor of the flowers make them a great addition to cold fruit and veggie salads.

Recipes

Caramelized Turnips with Greens

From Michele Pasch

Turnip sweetness with savory greens!

Butter

Bunch of turnips, with greens

1/2 cup brown sugar

1/4 cup balsamic vinegar

Fresh-squeezed lemon juice

Salt, to taste

1 Tbsp Olive oil

Slice turnips into thin slices. Heat saute pan over medium-low heat. Melt butter in pan, and brown turnips for about 5 minutes on each side, or until tender. Add brown sugar and balsamic vinegar to pan, and cook down for about 5 more minutes, until the sauce thickens up.

Transfer turnips and sauce to the outside of a serving plate.

Add olive oil to saute pan, and put turnip greens in just until wilted, no more than a few minutes.

Place wilted greens in center of serving plate. Sprinkle the lemon juice and salt just over the greens.

Enjoy!

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.