

Spring 1
May 13 & 16, 2015

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Daikon Radish
Microgreens

Choose 2 Plants:
Tomato, Chard,
Parsley, Sweet
Pepper, Hot Pepper

Mizuna
Mustard Greens
Hakerei Turnips
Spring Onions

Available in the PYO:

Iris
Lovage
Chives
Catnip
Rhubarb
Lambs ear
Sorrel
Sage
Winter Savory
Mint

Coming up!:

CSA Volunteer Day
5/25 8:45-1pm
Help us get ready
for the season!
We'll break at noon
and enjoy a potluck
around the picnic
tables.

Register:
redwiggler.org/csa

Welcome to the 2015 Season!

Welcome to the 2015 Spring CSA! We are so excited to get rolling and have all of you on the farm each week. We're planning a great season this year. It was great to see so many of you at the Muffinluck a few weeks ago. If you missed it, please be sure to read through your Member Handbook to be sure you know what to expect this year. You can find it on our CSA page.

Each week we will be sending you a new edition of The Worm's Voice to let you know what is in your share, give you a few recipe ideas and keep you up to date with all of the goings on at Red Wiggler.

Pick Your Own Updates

We heard you when you said the PYO wasn't as user friendly as you'd like. This year we are making a few improvements to the PYO to help you find things easier and know what to do with what your harvest.

Each PYO area is now labeled with a color and each row has a number. Look on the PYO chalk boards in the barn and at the fence to find out what's available and what row and area you can find it in. You will also notice informational signs with a photo of each item when you get there.

It's a work in progress- so let us know how it's working and what might make it work better.

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.

New Faces on the Farm

Melissa McLearen, our newest staff member, has joined us as Field and Facilities Manager. You will see her around working on our irrigation, fighting pests and fixing tractors!

Molly McCracken is our new Education and Outreach Coordinator. She's also your first point of contact for the CSA. Want to bring your group to the farm? She's the one to talk to!

About your share:

Daikon Radish Microgreens

If you're new to Red Wiggler, you might be a little unsure what to think about all of the microgreens in your share. For the past few winters, students with and without disabilities from area schools have worked with our growers to plant and harvest microgreens. They are a great learning tool because the seeds are large, making them easy to handle and see, the planting of them can be relatively imprecise, they grow extremely quickly (2 weeks!) and they are packed with nutrients. Many of the microgreens in your share this week were planted by students from Cedar Grove Elementary school during a recent trip to the farm.

So what can you do with them? Think of them like a fresh herb, or water cress. They are delicate but have a strong, spicy flavor. You can really use them just about anywhere- soups, salads, sandwiches, even smoothies. For an easy lunch, stuff them into a pita pocket with peanut butter (and bacon if you wish!) or, for a simple dinner, eat them fresh on top of a bowl of brown rice and a chopped hardboiled egg and drizzle with your favorite Asian sauce (bean paste, soy sauce, chili sauce).

Fried Beans with Sorrel & Feta

adapted from Yotam Ottolenghi's "Plenty"

I gotta admit, I was skeptical, and my skepticism was almost realized after the initial cooking portion of the recipe. BUT once I let the dish cool down and added the lemon, dill and feta- it livened up and turned out to be a delicious side dish! I served it at a dinner party I went to over the weekend and folks loved it!

1 can cannellini beans

8 **spring onions***, cut into ¼ inch rounds

3 cloves of garlic, peeled and minced

1 bunch (approx. 7 oz) **sorrel*** cut into thin ribbons, plus a little extra for garnish

Salt and Pepper

1 ½ Tb. Fresh squeezed lemon juice

5 oz feta (Use the freshest available!)

1 T butter

Olive Oil

Handful of fresh herb (I chose dill, but **mint***, **winter* savory*** & **parsley*** are also options)

Lightly sauté the beans in half the butter and a little olive oil. Try not to mix them around too much, you want them to blister and brown. Stir once to flip the beans. Once beans are done, empty into a bowl.

In the same pan, sauté the garlic, scallions and sorrel in the remaining butter and a little more olive oil. Add salt to taste. Once the sorrel has wilted, add the beans. Toss lightly. Stirring too much will make mush! Let the dish cool to room temperature.

Just before serving toss in the lemon juice, feta and garnish with sorrel.

***Ingredient found in this week's share**

Serves 4-6

**Also check out Yotam Ottolenghi's recipe for Rhubarb, Celery and Sorrel Salad