

Red Wiggler's CSA Newsletter

In your share:

Ridgeline Lettuce /
Red Cross Lettuce
Spinach/Chard/Kale
Turnips
Radishes
Spring Onions

Available in the PYO:

Peas!

PYO Herbs

Lovage
Chives
Catnip
Rhubarb
Lamb's ear (dried
in tea!)
Sorrel
Sage
Winter Savory
Mint
Oregano
Anise Hyssop
Valerian

PYO Flowers

Bachelor Buttons
Irises
Lamb's ear (add
tall stalks to
bouquets)



Updates from the farm

This morning we got to work thinning beets, a very labor intensive activity. We are so grateful to have a handful of fabulous interns and volunteers helping us get it all done! The eggplant seedlings also got planted. We're planting a few new varieties including Rosa Bianca, Black Beauty and Early Black Eggs.

Another labor intensive activity? Picking Colorado potato beetles off our potato plants. They are out in full force! These guys are so tough, even non-organic farmers have to deal with them. Good news: the potato plants have been doing great this spring!

A little excitement on the farm today: the bees have swarmed! During the winter, the bee colony decreases significantly, so all the remaining bees have enough to eat and can stay warm. Once spring arrives, the population begins to grow and eventually there are so many bees that a portion of the bees and the queen leave the hive and "swarm" while scouting out new locations. The bees remaining in the hive will raise a new queen and all will be well. When bees swarm, they are unlikely to sting since they have no hive and or babies to protect!

Farm to Fork, June 20th 6pm

Our annual Farm to Fork dinner is right around the corner and we're looking forward to having some of our CSA customers around the table! The evening will begin with music, cocktails and a relaxed tour of the farm. We will then gather around a long table in the middle of the fields and will be presented with beautiful dishes created by the chefs at Marriot using Red Wiggler produce. There is lots of time to get to know others around the table, learn more about the work that Red Wiggler does, and taste some beautiful and original culinary creations.

All proceeds directly support Red Wiggler Community Farm. \$150/person

About your share: PEAS are ready!

We've got lots of peas ready in the PYO!

In order to make sure our pea plants keep producing, it's important to pick carefully. Using two hands, hold the plant with one hand and the cap of the pea with the other, then pull. When pull off the pea, be sure to pull above the cap! That way, the plant knows a pea has been picked and it needs to grow another!

**The Worm's
Voice**

Red
Wiggler's
Community
Supported
Agriculture
Newsletter

Head Lettuce

You will start to see lots of lettuce in your shares. Lettuce grows well in the cooler months and then harvested when the sun gets too hot. Most of us grew up with two types of lettuce, iceberg and romaine. Certainly they both have their place, but there are so many other types of lettuce for folks to try, each having its own distinct taste, texture and look. Try combining different varieties in salads and season with fresh herbs from the PYO. Use the sturdier varieties for a taco night or on a sandwich.

Recipes

Glazed Hakeri Turnips & Greens

Slice turnips into bite-sized pieces. Sauté with Spring Onion in butter and ½ tbsp. sugar or honey until tender. Add greens and continue to sauté until greens are wilted. Salt and pepper to taste! Serve as a side to pork or chicken.

Events

Farm to Fork 6/20

Farm Tour 7/25

Food Preservation
Workshop 8/8

Harvest
Celebration 9/12

Family Cooking
Workshop 10/3

Hay Days 6/27,
7/25, 8/22, 9/26

**CSA Member
Potluck 8/29**

Mega- greens Quiche

1 pie crust (Martha Stewart's
Basic crust is a good one).

6 eggs

½ cup milk

1 cup shredded swiss cheese

3 garlic cloves, minced

2 tbsp. chives

4 cups chopped mixed greens: Chard, Spinach,

Kale (separate and chop stems of chard and kale, discard spinach stems)

1 tsp nutmeg

½ tsp paprika

2 tbsp. flour

1 tbsp. mustard

salt and pepper to taste

5 spring onions, greens and whites

1. Sauté your garlic and onions until onions are soft.
2. Add kale and chard stems. Sauté for another minute or so.
3. Add your greens and cover. Continue to sauté until greens have just wilted, about 2 minutes. Take pan off heat, leave to cool.
4. In a food processor, combine milk, eggs, flour, salt, nutmeg, and mustard. Blend until mixed. Small lumps of flour are fine.
5. Roll out pie crust and line bottom of ungreased pie pan
6. Preheat oven to 375 degrees

Layer your quiche

1. Line pie crust with cheese, pressing it fairly flat and being sure that it covers the entire bottom of pie (not sides)
2. Add sautéed greens mixture, spread over the cheese.
3. Pour your egg mixture over the vegetables. Sprinkle chives over top.

Bake for 35-40 minutes or until knife comes out clean.

Enjoy hot or cold for breakfast, lunch or dinner!