

Spring 4  
June 3 & 6, 2015

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

## **In your share:**

Radishes  
Turnips  
Parsley  
Kale  
Chard  
Collards  
Lettuce

## **Available in the PYO:**

Peas!

## **PYO Herbs**

Lovage  
Chives  
Catnip  
Rhubarb  
Lamb's ear (add dried leaves to tea)  
Sage  
Winter Savory  
Mint  
Oregano  
Anise Hyssop  
Valerian  
Parsley  
Lavender (!!)

## **PYO Flowers**

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

## **Notes from the Farm**



### **Rolling down the cover crop...**

We're planning on rolling down our rye and vetch cover crop sometime this week. It is only our 2<sup>nd</sup> year of using this method so we are still a little giddy at its efficiency, both for our workload and for the environment (it means no tilling!). There are two parts to this process: cover cropping and then rolling it down.

Cover cropping means that we cover a field that we are not planning to use for a while with a crop that we will let grow and not attempt to tend or harvest in any way. The cover crop prevents erosion, keeps in moisture, and sends nutrients into the soil. It's an essential part of organic farming.

Once the crop is tall and the seeds have just begun to mature, we roll the crop down with a "roller/crimper". This is a brand new tool out of the Rodale institute in PA. The roller/crimper does just that, it rolls over the crop and crimps it- effectively killing it. The rye and vetch then dry and turn into a nutrient rich mulch which we can plant directly into!

### **Harvesting PYO Parsley**

When harvesting parsley in the PYO it is important to start from the outside, choose the biggest leaves, and cut from the stalk. Leave the middle smaller leaves so they keep growing.

### **Bags**

This is a gentle reminder to bring your own bags to pick-up your share each week! We do have plastic bags available to those who forget. As pick-up days turn hotter and hotter, you may notice your greens have wilted a little by the time you get home. To keep them at their freshest- try using a small cooler instead of a bag. Help us keep the environment healthy for plants and animals!

### **Wash those Veggies**

While we give all of our veggies a good washing when they come out of the fields, it is also important that you give them a good washing when you bring them home. Use the opportunity to wash, dry and portion out veggies for the week. Makes preparing meals much easier!

*The Worm's  
Voice*

Red  
Wiggler's  
Community  
Supported  
Agriculture  
Newsletter

## Events

**Farm to Fork**  
6/20 *FULL*

**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

## Recipes

### Turnips

We hope you've enjoyed the bounty of hakurei turnips this year; like little spring time cherry tomatoes.

This week, you will receive scarlet queen turnips, a variety that you are probably more familiar with. These are great for simple roasting or sautéing.

Try tossing wedges of turnips in olive oil, salt and pepper, sprinkle with parmesan cheese and roast 20 minutes or so. Flip them halfway through.

**The Moosewood Cookbook's Spanakopita** by Mollie Katzen  
SO delicious and lighter than other recipes.

### Ingredients

1 pkg. frozen filo dough  
1 tbsp. olive oil  
2 c. onion, minced (supplement with **spring onions** as best you can!)  
1/2 tsp. salt  
1 tsp. dried basil  
2 tbs. fresh oregano  
2 1/2 lbs. fresh **spinach**, stemmed & finely chopped (any greens would be great- especially **chard** or **collards**)  
5 medium cloves garlic, minced  
3 tbs. flour  
2 to 3 c. (about a 1 lb.) crumbled feta cheese  
1 c. cottage cheese  
Freshly ground black pepper, to taste  
1/3 to 1/2 c. olive oil, for the filo  
1 lb. filo pastry leaves (approximately 20 leaves), thoroughly defrosted

### Directions

1. Preheat oven to 375 degrees. Oil a 9x13 inch baking pan. Heat 1 tbsp. olive oil in a large pot or Dutch oven. Add onion, salt, and herbs, and sauté for about five minutes, or until onion softens. Add spinach, turn up the heat, and cook, stirring, until the spinach wilts. Stir in the garlic.
2. Sprinkle in the flour, stir, and cook over medium heat 2 to 3 more minutes. Remove from heat. Mix in the cheeses. Taste to correct seasonings, adding lots of black pepper. Unwrap the thawed filo dough.
3. Place a sheet of filo in the oiled pan, letting the pastry edges climb up the sides. Brush lightly with oil, and add another sheet. Keep going until you have a pile of 8 oiled sheets. Add half the filling, spreading it to the edges, then repeat with 8 more sheets of oiled filo, followed by the remaining filling. Layer the rest of the filo over the filling, brushing oil in between. Oil the top, tuck in the edges, and bake, uncovered for about 45 minutes, or until golden and crispy. Serve hot or warm.