

Spring 5
June 10 & 13, 2015

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Head Lettuce
Kale/Chard
Turnips/Radishes
Spring Onions
Garlic Scapes
Kohlrabi

Available in the PYO:

Peas!

PYO Herbs

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

PYO Flowers

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

Notes from the Farm

It's been a busy week at Red Wiggler! Yesterday we rolled down the rye and vetch and today we planted our tomato plants right into it (check out our FB post for photos!). We also planted BOTH summer and winter squash today. Also the sweet potato slips arrived! We're hoping to get them in the ground on Thursday for a September harvest.

The PYO has been busy!

The PYO has been so busy each Wednesday and Saturday. Seems like people are really using it. As you wander through the PYO, you may see some of our interns or Growers weeding or harvesting.

They are great resources if you have questions about what is available or what to do with it. If they don't know themselves, they will lead you to someone who does.

If you have young children, using your senses to explore the PYO is also fun. Take your time and enjoy!

Kohlrabi *Also known as the vegetable from outer space.*

The star of this week's share is kohlrabi, a turnip like brassica. These days we see kohlrabi more and more at farmers markets, and at restaurants, but for many people it is still a pretty unfamiliar vegetable. It's a very common ingredient in German cooking and can be used like cabbage or broccoli stems. Its great raw (like in the slaw below) or cooked and is loaded with fiber and Vitamin C.

When preparing it, cut off the stems and leaves (edible!) and then proceed to trim all of the rubbery skin off the bulb.

There are lots of recipes out there for kohlrabi. Let us know if you find one that you love!

Hay Day 6/27 10am-1pm

Join us in the fields for tours led by RWCF staff. We'll talk about organic farming methods, the importance of local food, and how our mission to be an inclusive and productive farm impacts members of our community with and without developmental disabilities.

Some of our local farm friends will also be open for Hay Day: Rocklands Farm, Soleado Lavender Farm and Button Farm Living History Center. Check their websites for times! All free!

*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

Garlic Scapes

While the star of the show is, of course, the garlic bulb, garlic scapes are a tasty benefit to growing garlic. As the garlic bulb grows below the soil, the scape grows up through the leaves, and will flower if you let it. As it grows up towards the sky, it uses valuable energy which is why, once it begins to curl, like a pigs tail, we harvest it, ensuring that as much energy as possible goes into producing a healthy bulb.

Use the scapes in eggs, on pasta, pickled, or make them into a pesto. The options are endless and delicious.

Radishes

Try them sliced thinly on a bagel with cream cheese!

Kohlrabi Slaw with Cilantro and Lime

Ingredients

5 cups peeled and grated kohlrabi
1 cup grated apple
1/4 cup radish, sliced very thinly
1/4 cup chopped cilantro
1/2 of a jalapeno, seeded and minced
1/4 cup chopped scallion
Orange zest from one orange
Lime zest from one lime

Vinaigrette

1/4 C olive oil
Juice from one orange
Juice from one lime
1/4 C honey
1/2 tsp kosher salt
1 T rice wine vinegar.

Whisk together vinaigrette in a small bowl, put to the side. In a larger bowl, add all of your remaining ingredients. Add the vinaigrette to the bowl and toss. Best if refrigerated for a bit before serving.

Tip: Especially for kids- try rolling the salad into rice paper rolls!

Enjoy!