

Spring 6  
June 17 & 20, 2015

# The Worm's Voice

*Red Wiggler's CSA Newsletter*



## **In your share:**

Lettuce  
Kale/Chard/Collards  
Turnips/Radishes  
Spring Onions  
Kohlrabi  
Beets (!!)

## **Available in the PYO:**

Peas!

## **PYO Herbs**

Lovage  
Chives  
Catnip  
Dill  
Lamb's ear  
Sage  
Winter Savory  
Mint  
Oregano  
Anise Hyssop  
Valerian  
Parsley  
Lavender

## **PYO Flowers**

Bachelor Buttons  
Bee Balm  
Feverfew  
Yarrow  
Wild flowers

## **A reflection from Nick, one of our fabulous interns this season, on his time at the farm:**

Walking on to the farm for the first time, I was quite confident in my farm knowledge, I knew for certain that I could name all the different kinds of tomatoes; cherry tomatoes, and regular tomatoes. My time at Red Wiggler has taught me the true value of food, the effort and time that goes behind the production of organic, fresh vegetables.

I used to be very indifferent to vegetables, but after witnessing and partaking in the preparation of a field, the seeding, planting, maintenance, and harvest of vegetables, I now thoroughly enjoy eating them and can proudly not only name more than two varieties of tomatoes, but can also identify vegetables I never knew existed.

Given the alienation we have with our food in contemporary times, spending time on a farm is an experience I feel we should all partake in, as it creates an unforgettable bond with the earth and food, and a higher appreciation than that which we usually have when waltzing through the aisle of the local supermarket. I am very grateful to the entire Red Wiggler team and the growers for teaching me the true value of our food, the significance of teamwork and dedication.

## **Winter Savory in the Yellow PYO**

If you haven't tried incorporating winter savory into your cooking yet, pick some this week. It has a strong aromatic flavor, similar to rosemary. Use it in chicken dishes, add to an aioli or make some infused olive oil.

## **Wildflowers are ready in the Purple PYO**

It's still early in the season for flowers but there is plenty of wildflowers to make a few rustic bouquets! Add a little bee balm for pop of color.

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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

### Spicy Roasted Kale

1 bunch curly kale  
1 tbsp olive oil  
1 garlic clove, minced  
Sriracha  
Salt & Pepper

Preheat oven to 375.

Rinse kale and pat dry thoroughly. Remove bottom stems and chop leaves roughly. In a large bowl, toss all ingredients together. Seasoning with sriracha salt & pepper to taste.

Transfer kale to a large shallow baking dish (not a cookie sheet).

Bake for 15-20 minutes stirring every 5 minutes or so until leaves are tender, crisp on edges and slightly browned.

### Veggie Pancakes

For Pancakes  
2 medium sized **kohlrabi bulbs**, peeled and grated  
5 **turnips**, grated  
1 large carrot, grated  
2 tbsp flour  
2 **garlic scapes** chopped thinly  
1 **spring onion**, chopped thinly  
2 eggs  
Red pepper flakes  
Salt  
Pepper  
Olive Oil

Sauce  
1/3 cup yogurt  
1 tbsp lemon juice  
Tbsp chopped **dill**  
Salt to taste

Mix all vegetables together in a large bowl. Wisk eggs and flour together in separate small bowl and then add to vegetables mixture. Season to taste with red pepper flakes, salt and pepper (you will add salt again after cooking, so go light on the salt here).

In a small bowl, mix together sauce ingredients and refrigerate until needed.

Heat 3 tbsp of olive oil in a frying pan on medium-high heat. Once hot, spoon vegetable mixture into the pan in patty like shapes. Fry on each side 2-3 minutes, or until golden brown. Transfer cooked pancakes to plate, salt to taste immediately. Continue cooking until all of the vegetable mixture has been fried.

Once plated, drizzle pancakes with sauce and enjoy!