

Spring 7
June 24 & 27, 2015

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Kale/Chard/Collards
Turnips
Spring Onions
Beets
Kohlrabi
Spring Onions
Surprise item!
(Options might include: shelled peas, yellow squash, basil, or sweet peppers!)

Available in the PYO:

PYO Herbs

Chives
Catnip
Dill
Sage
Winter Savory
Mint
Oregano
Anise Hyssop
Valerian
Parsley
Lavender

PYO Flowers

Bachelor Buttons
Bee Balm
Feverfew
Yarrow
Wild flowers
Snap dragons
Cone flower

We've reached the last week of the Spring CSA.

Thank you for being a part of the Spring share and supporting the work that we do. We hope you have enjoyed your share each week and that we will see you this summer and/or fall (there are still a few fall spots open!).

Continuing through the summer? Remember: We have a 1 week break between the Spring and Summer sessions. Summer will start Wednesday, July 8th.

In the next few weeks, you will be receiving a survey in your inbox. It's a chance for us to hear from our members about what you love, what you want more of or what hasn't worked so well. We'd love to hear from you!

Summer means volunteers!

Summer is officially here and with it lots of high school students coming to volunteer on the farm each day. They've been busy harvesting greens, pounding tomato stakes, stringing up tomato plants, thinning beets, weeding thistles, helping us clean up after the Farm to Fork event over the weekend and much more.

New people on the farm means new opportunities for teaching and learning new skills. Many times it is the growers who are teaching skills to the volunteers. They work side by side listening, practicing and helping each other along as they learn.

Read about Red Wiggler in Edible DC

We're featured in this Summer's issue of Edible DC. Get your free copy at your CSA pick-up this week!

Hay Day this Saturday!

We'll be open to the general public for farm tours from 10am-1pm on Saturday, June 27. Bring along your friends and family for a lovely morning on the farm!

*The Worm's
Voice*

Red
Wiggler's
Community
Supported
Agriculture
Newsletter

Events

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

Beet and Yogurt Salad

I first had this dish in a little coffee shop called "Thyme" in a small coastal town in Northern Ireland. It has become my beet mainstay. It's bright, fresh, beautiful and incredibly easy.

1 1/2 lbs. beets, tops trimmed	2 tbsp. chopped fresh dill
2 tbsp. extra virgin olive oil	1 tbsp. chopped fresh mint
1 tbsp. lemon juice	1 small red onion or 1/2 large
1 tbsp. red wine vinegar	1/2 teaspoon sea salt
1/2 cup Greek yogurt	1/4 teaspoon white pepper

1. Wrap in foil and roast the beets at 350 degrees for 45-60 minutes. Unwrap and allow to cool. Once cool enough to handle, rub off the peels with your fingers.
2. Slice the beets into 1/2 inch chunks
3. Slice the red onion thinly.
4. In a small bowl, combine the vinegar, olive oil, salt and pepper. Add the yogurt dill and mint and mix together until combined.
5. Pour the garlic yogurt dressing onto the vegetables and stir gently
6. Refrigerate until you are ready to serve- dish is best chilled!

Spiced Turnips, Spinach and Tomatoes, Best-Ever 30-Minute Cookbook, by Jenni Fleetwood
Serves 6

1 lb plum tomatoes	1 tsp paprika
2 onions, sliced	1/2 tsp sugar
4 tbsp olive oil	4 tbsp chopped fresh cilantro
1 lb turnips, peeled	1 lb fresh spinach or chard

1. Plunge the tomatoes into a bowl of boiling water for 30 seconds or so, then refresh in a bowl of cold water. Drain, peel away the tomato skins and chop the flesh roughly.
2. Heat the olive oil in a large frying pan and gently fry the onion slices for about 5 minutes until golden. Ensure that they do not blacken.
3. Add the baby turnips, tomatoes and paprika to the pan with 4 tbsp water and cook until the tomatoes are pulpy. Cover the pan with a lid and continue cooking until the turnips have softened.
4. Stir in the sugar and add the spinach and a little salt with black pepper. Cook the mixture for a further 2-3 minutes until the spinach has wilted. The dish can be served hot or cold.