

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 1  
May 11 & 14

## IN THE SHARE

- 2 Plants
- Daikon Microgreens
- Mustards/Pea Shoots
- Mizuna/ Mibuna
- Cherriette
- Radishes/Spring onions
- Hakerei Turnips & greens

## PICK-YOUR-OWN RED:

Irises, Lovage,  
Chives, Anise Hyssop

## ORANGE:

Sorrel, Rhubarb,  
Lambs Ear

## BROWN:

Bachelor Buttons,  
Anise Hyssop

## YELLOW:

Sage, Winter Savory

## ANNOUNCEMENTS

- Please remember your bags each week.
- If at any point you cannot pick-up your share, you can send a friend or family member instead. Unfortunately, we cannot accommodate switching pick-up days.
- We clean all our veggies before they get to the barn, but it is still important that you wash your veggies before consuming them.
- Please drive slowly and carefully when coming for your pick-up each week.

## FARM NOTES:

Welcome to the first week of the 2016 CSA! We are looking forward to seeing so many new and familiar faces each week.

This season has been getting off to a great start. The fields are filling, all of the growers have returned and each day is full with school groups and volunteers. We've planted tomatoes and peppers in the field, reminding us that summer is just around the corner!

As I'm sure you have noticed we have had A LOT of rain recently. As farmers, we love the rain and even the cloudy days have their place. But this is getting a little out of hand!

Capital Weather Gang reported last week that the DMV area has never had more consecutive days with rain in it's recorded history. It's

been hard on our soil and some of our plants are growing a little slower than we would like. However, the crews in the field aren't complaining and we're happy that we still have so much to harvest and a beautiful greenhouse where we can grow microgreens and pea shoots. Plus, this rain can't last forever, right?!

**CSA Facebook Group:** Share recipes, ask questions, share articles you think your fellow CSA members may be interested in. In your FB search bar search "Red Wiggler CSA". Once you are on the page, request to join. We will confirm within 48 hours.

## UPCOMING EVENTS:

### Rhubarb Workshop May 21<sup>st</sup>, 10:30am

Are you new to canning or an old hand who wants to get a refresher on food safety when preserving food? A UMD representative will lead us through making rhubarb jam & teach us everything we need to know to get going on our own. Register at [redwiggler.org/workshops/](http://redwiggler.org/workshops/)

### Field Tours with Woody May 21st 9:30 & 11:30

Take a tour of the fields with RWCF Founder and Executive Director, Woody. Learn about Red Wiggler's history, latest sustainable farming practices and how we balance our mission with being a production farm. \$7/adults, \$5/kids, FREE to CSA members. E-mail [csa@redwiggler.org](mailto:csa@redwiggler.org) to register.



## What's that?

**Microgreens** are the shoots of a vegetable harvested when they are very young. Microgreens are packed with nutrients and flavor. The variety you are receiving is Daikon Radish which has a bright, slightly spicy flavor. Great as a garnish, in a peanut butter sandwich or piled on top of a fried egg.

**Sorrel** is a perennial plant that produces tart leaves- similar to the taste of rhubarb. Toss into a greens salad, add to a smoothie or add to quinoa and feta dish. Sorrel pesto is also great!!

**Winter Savory** is an herb that has a very similar taste to rosemary. Add it to bread dough or a chicken rub.

## Recipes

**V- Vegetarian DF- Dairy Free GF- Gluten Free**

### Basic Frittata with Greens **V, GF**

*Adapted from "Recipe Freestyle: Frittata" at epicurious.com. Check out the website for many different ways to make frittata- tasty, inexpensive and healthy way to incorporate vegetables into daily meals.*

#### Ingredients

3 tbsp. olive oil	4 cups chopped greens ( <b>mizuna, mibuna, sorrel, microgreens, turnip greens!</b> )	8 large eggs
½ cup diced onions	¼ cup grated parmesan cheese	½ cup milk
		¼ tsp salt
		¼ tsp pepper

#### Directions

In a 10" oven-safe skillet (cast iron works well), heat olive oil over medium high heat. Add onions and sauté until softened. About 5 minutes.

While the onions are cooking, whisk together the eggs with the milk, salt and pepper in a medium bowl.

When onions are softened, add greens and sauté for 1 minute- just until wilted.

Pour egg mixture into skillet, stir and cook until the edges start to pull away from the pan, 5-7 minutes.

Transfer to oven and bake at 350 degrees until set, 16-18 minutes.

### Mizuna Quinoa Salad with Lemon Scallion Vinaigrette **V, GF**

*From Early Morning Farm*

2 cups dry quinoa	1 cup diced <b>radishes</b>
1 bunch <b>mizuna</b> , stems removed, chopped into bite size pieces	1/2 cup crumbled blue cheese
green tops of 2 scallions, sliced	1/2 cup dried cranberries
	1/2 cup pecans
	salt + pepper to taste
<b>Lemon Scallion Dressing</b>	
1/2 cup olive oil	green + white parts of 2 <b>scallions</b> , minced
juice from half a lemon	salt + pepper to taste
1 tsp dijon mustard	

Cook quinoa, fluff with a fork and let cool. Combine dressing ingredients in a jar and shake to combine. Toss the mizuna, radish, quinoa, and dressing together. Taste and season with salt and pepper if necessary.

Place the pecans in a small skillet over medium heat. Toast, stirring frequently. You'll know the pecans are toasted when they smell toasty and start to brown. Remove from the pan right away so they don't burn.

Fold the scallions, pecans, blue cheese, and cranberries into the salad. Serve at once or chilled. This salad holds up well if you want to make it a day in advance for a party.