

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 4
May 31 & June 3

IN THE SHARE

"/" indicates a choice

- Kale/ Collards/
Head Lettuce/
Mustards/ Red
Mizuna / Chard /
Arugula
- Spring Onions/
Radishes/ Hakurei
Turnips w/ greens

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint,
Oregano, Sage,
Thyme
Anise Hyssop, Lambs
Ear, Cilantro, Dill

GREEN: Dill,
Cilantro Flowers

ORANGE: Sorrel,
Lambs Ear, Oregano

PINK: Bachelor
Buttons, Cilantro
Flowers, Crimson
Clover

BROWN: Bachelor
Buttons, Anise
Hyssop, Fever Few

YELLOW: Sage,
Winter Savory, Sage
flowers

- Remember to clean your veggies!

- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>

- Please do not bring dogs, on or off leash, to your pick-up.

Plants for sale:

New heirloom varieties of tomatoes for sale including orange tomatoes, Brandywine, Cherokee Purple and Black Krim



Farm Notes:

All this rain has made the lettuce so happy. We have TONS of big beautiful heads. The time is now to enjoy those salads and whatever else you like to do with lettuce! Those who have been members for at least a few years will remember that we often don't have lettuce for long. Lettuce really likes cooler weather and quickly goes to seed in our hot mid-Atlantic region. We have several varieties that vary in texture and taste to enjoy!

THIS SATURDAY 10:30am Vegetable Dehydration Workshop w/ UMD Extension
\$20/person. Register at www.redwiggler.org/events/

A great way to make your produce last through the year. Hope you can join us! Just a few spots left!

How to use the PYO

In order to make the most of your CSA share, it's important to take advantage of the CSA. To the left is a list of everything that is available to pick. The colors in all caps refer to the area they are in in the fields- indicated outside with a tall colored flag. The RED area is just outside the barn- all the others are along the fence across the drive way. Anything available to pick is both listed to the left in this newsletter and indicated with a small blue flag in the field. Signs in the PYO will tell you how to use the items. Right now there are tons of herbs to be picked and more flowers are coming soon. We're always around to help!

Dry Oregano and Thyme!

Both of these herbs are plentiful right now in the PYO and are incredibly easy to dry for later use. Simply pick a few stems and tie them up with a string or rubber band. You can either hang your "sachet" up in a window or cool, dry place or hang up or just place on a plate in a windowsill. Check them every day. When completely dry, strip the leaves off the stems and store in a small airtight jar in a cool dark place (like a pantry or cabinet). To make an easy spice mix, add sea salt and garlic powder.



Good to know:

Seeds from mustard greens are used to make Dijon mustard. Mustard greens are an excellent source of vitamin A and C along with many other nutrients.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Sort of a Greek Salad with Goat Cheese, from NYTIMES.com **GF**

Kosher salt
1 garlic clove, halved
4 cups **lettuce**, rinsed, dried and torn into small pieces (use frilly or romaine)
8 medium-sized **radishes**, sliced
1 small red onion, sliced paper-thin and separated into rings
6 **scallions**, trimmed and chopped
1 small green pepper, cored, seeded and sliced into thin strips
1 pint ripe cherry tomatoes, hulled and halved

1 teaspoon dried **oregano**
1 tablespoon finely chopped **fresh mint**
1 tablespoon finely chopped **fresh dill**
½ cup fruity extra-virgin olive oil
3 tablespoons red wine vinegar
Salt and freshly ground black pepper
6 ounces dried textured plain goat cheese, crumbled (can use feta)
8 Greek or Italian black olives in oil, drained
4 to 8 anchovy fillets drained



Sprinkle a little kosher salt into a large glass or ceramic salad bowl. Rub the cut side of the garlic over the salt. Discard the garlic.

Place the lettuce, radishes, onion, scallions, green pepper and tomatoes in the bowl. Add the oregano, mint and dill.

Shortly before serving add the olive oil, toss, then add the vinegar. Season the salad to taste with salt and pepper.

Crumble the goat cheese over the salad, then arrange the olives and anchovy fillets on top. Toss again at the table before serving.

Lasagna with Collard Greens, by Martha Rose Shulman **Veg**

Adding greens to a sauce and pasta dish is one of the easiest ways to prepare greens and pleases most pallets. I (Molly, RWCF CSA coordinator) recommend using collards and/or kale as the base but you can certainly add some mustards or turnip greens!

½ pound collard greens, stemmed and washed, leaves left intact
Salt to taste
Extra virgin olive oil for the pan

2 cups marinara sauce, preferably homemade from fresh or canned tomatoes
½ pound no-boil lasagna noodles
½ pound ricotta
4 ounces freshly grated Parmesan



Steam the collard greens for 5 minutes above an inch of boiling water, or blanch in boiling salted water for 2 minutes. Transfer to a bowl of cold water, drain and pat dry with paper towels.

Preheat the oven to 350 degrees. Oil a 2- or 3-quart rectangular baking dish with olive oil. Spread a small amount of tomato sauce over the bottom and top with a layer of lasagna noodles. Top the noodles with a thin layer of ricotta. Lay collard green leaves over the ricotta in a single layer. Top the leaves with a layer of tomato sauce, followed by a thin layer of

Parmesan. Set aside enough tomato sauce and Parmesan to top the lasagna and repeat the layers until all of the ingredients are used up. Spread the tomato sauce you set aside over the top, and sprinkle on the Parmesan. Make sure the noodles are covered, and cover the baking dish tightly with foil.

Place in the oven and bake 30 minutes. Remove from the oven and uncover. Check to be sure that the noodles are soft and the mixture is bubbly. Return to the oven for another 5 to 10 minutes if desired, to brown the top. Allow to sit for 10 minutes before serving.