

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 5
June 7 & June 10

IN THE SHARE

"/" indicates a choice

- Kale/ Collards/
Lettuce / Chard /
- Beets / Spring
Onions/ Radishes/
Turnip
- Garlic Scapes

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint,
Oregano, Sage,
Thyme
Anise Hyssop, Lambs
Ear, CILANTRO,
DILL

GREEN: Cilantro
Flowers

ORANGE: Lambs
Ear, Oregano

PINK: Bachelor
Buttons

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.

Farm Update from Intern Julia:

On Friday (before the delivery truck had even left) we began planting our sweet potatoes. Sweet potatoes aren't started from seed like most other vegetables, they're started from "slips" which are shoots that grow out from mature sweet potatoes. This year we purchased slips, but we are also experimenting with planting some slips that we started ourselves from last year's sweet potatoes. With the help of our irrigation team we laid out drip tape along each row to keep our new sweet potatoes quenched and healthy!

Elsewhere on the farm we strung our tomatoes for the first time this season (stringing involves using twine and stakes to create a support system for the tomato plant as it grows), planted a new variety of beans, and continued the battle against Colorado potato beetles in the potato field. The interns and growers also enjoyed a few animal visitors this week including a toad which we released (with much fanfare) into the rain garden, and several swallowtail butterflies that we rescued from the greenhouse.

On Friday we said goodbye to our St. Andrew's High School volunteers who were on the farm for two weeks volunteering to complete their final project in their senior year. We'll miss them and we wish them luck in their future endeavors!

Garlic Scapes

Available today for your CSA share for the first time this season are garlic scapes. A garlic scape is a curly green stalk that a garlic plant sends up which will eventually flower and seed. By harvesting the scape, we allow the plant to put its energy toward the bulb, instead of focusing on the flower and seeds. Garlic scapes can be used just as you would use garlic and makes an irresistible pesto!

Garlic Scape Pesto, allrecipes.com, **Veg, GF**

½ pound garlic scapes, cut into 2- inch pieces

2/3 cups grated Parmesan cheese

½ cup olive oil

½ tablespoon lemon juice

ground pepper to taste



Blend the garlic scapes, Parmesan cheese, olive oil, lemon juice, and pepper together in a food processor until smooth.

Good to know: Beets contain betaine, a substance that relaxes the mind and is used in other forms to treat depression. It also contains tryptophan (also found in chocolate), which contributes to a sense of well being.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Miso Roasted Turnips, Foolproofliving.com, Yield: 4 servings Veg, DF



2 pounds of turnips, greens cut off leaving 1 inch stem left on turnip, rinsed and cut in half

Turnips greens from 2 bunches of turnips or 1 bunch chard.

3 tablespoons white miso paste, divided

3 tablespoons olive oil, divided

coarse sea salt

freshly ground black pepper

Pre-heat the oven to 425 degrees. Line a baking sheet with parchment paper. Set aside.

Whisk together the 2 tablespoons of miso paste and 2 tablespoons of olive oil in a bowl.

Spread the turnips on the prepared baking sheet. Drizzle it with the miso-olive oil mixture. Give it a toss to make sure that all turnips are coated with the mixture. Place in the oven and bake for 12-15 minutes making sure to rotate the turnips halfway through the baking process. When they come out of the oven, let them cool. Sprinkle them with a big pinch of black pepper. Taste for seasoning and add in some salt if necessary.

Meanwhile, rinse the green parts and roughly chop them up. Heat a tablespoon of olive oil in a large pan. Sauté the chopped greens until they are lightly wilted, 2-3 minutes. Stir in the rest of the miso paste and make sure that the green leaves are coated with the paste. Add in $\frac{1}{4}$ teaspoon freshly ground black pepper. Taste for seasoning and add in if necessary.

Transfer the warm greens in a large salad bowl. Spread the roasted turnips on top of the greens. Enjoy!

Seared Radish Crostini, NYTimes.com, 2 light meals or 4 side dishes DF

1 bunch radishes

9 tablespoons extra virgin olive oil

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{4}$ teaspoon pepper

4 tablespoons butter

8 anchovy fillets, finely chopped

4 large garlic cloves, finely chopped

Pinch red pepper flakes

8 thin slices crusty bread, toasted

4 teaspoons chopped parsley



Remove leaves and stems from radishes; trim the tails. Cut larger radishes lengthwise into sixths and smaller radishes lengthwise into quarters.

Place a large skillet over medium-high heat until very hot. Add 1 tablespoon oil, radishes in a single layer (do not crowd) and salt and pepper. Cook radishes, without moving them, until they are lightly colored on undersides, about 3 minutes. Shake pan and continue cooking until tender, about 3 more minutes.

In a small skillet over medium heat, melt butter. Stir in anchovies, garlic, red pepper and remaining oil. Reduce heat and simmer about 4 minutes.

Brush each slice of toast with sauce and top with several radish wedges. Spoon additional sauce on top, sprinkle with parsley and serve.