

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 2
May 18 & 21

IN THE SHARE

- *Spring Onions*
- *Radishes*
- *Turnips*
- *Kale*
- *Chard*
- *Lettuce*
- *Microgreens*
- *Mizuna/Mibuna*

PICK-YOUR-OWN RED:

Irises, Oregano
Chives, Anise Hyssop,
Lambs Ear

ORANGE:

Lambs Ear, Sorrel

BROWN:

Bachelor Buttons,
Anise Hyssop

PINK:

Bachelor Buttons

YELLOW:

Sage, Winter Savory

TOP OF FIELD:

Crimson Clover

ANNOUNCEMENTS

- Remember to clean your veggies!
- Join the CSA Facebook Group! Search: "Red Wiggler CSA" and request to join.
- Please do not bring dogs, on or off leash, to your pick-up.

Picking in the PYO:

We value the PYO portion of your share as \$3 per 1 bunch of flowers & \$3 per 1 bunch of herbs. These first few weeks are pretty slim in the PYO. Once the sun comes out and the weather heats up there will be plenty for everyone to pick as many herbs and flowers as they wish. However, right now, please limit what you pick to 1 bunch of flowers and 1 bunch of herbs. Crimson clover, bachelor buttons and tall stalks of lambs ear make a lovely seasonal bouquet!

FARM NOTES:

Did we mention how wet and cold it's been! The fields have been too wet to work in so we've been spending our time working in the greenhouse, mulching and caring for the PYO. It was so nice to have some beautiful May weather over the weekend!

We seeded yellow squash, cucumber and zucchini yesterday (I can taste summer just thinking about it) and hilled the potatoes. A big task these days is keeping the weeds manageable. All of this rain has helped lots of weed seeds germinate.

One of the ways we practice sustainable farming is by doing as little tilling as possible. Farmers till before planting to aerate the soil, chop up weeds and distribute organic materials. However, tilling also disturbs delicate soil structure, micro and macro organisms and fungi that are key to healthy soil.

Instead of tilling, we plant cover crops which deliver similar benefits without the negative side effects. Once the cover crop has done its job, we roll it down with a roller/crimper tool that will turn it into mulch that can be planted directly into.

An added benefit of this technique is that we didn't need to rush around on Monday getting our fields ready! Tilling needs to be done when the soil is dry (hence the rush over the weekend thru Monday) but the cover crop just keeps growing and growing until we are ready to plant.

Rhubarb Jam Workshop
May 21, 10:30
Register at redwiggler.org/workshops/

Field Tour with Woody
May 21, 11:30
FREE to CSA members.
E-mail csa@redwiggler.org to register.
Rain or shine!

Breeze Through the Trees 5K
June 12, 8:30am
Beautiful run in Laytonsville.
Proceeds benefit Red Wiggler.
Register at breezethruthetrees.com.

What's that?

Hakurei Turnips: A surprisingly tasty little spring treat! These are not your typical turnips. Hakurei Turnips, also known as Japanese Turnips, are sweet little crunchy morsels of goodness. They are great raw with a little salt but can also be roasted or braised. To take full advantage of the turnip bunch use the greens as well. While turnips are one of the oldest cultivated vegetables, the hakurei is fairly new, developed in the 50's during food shortages in Japan.

Recipes

HONEY GLAZED BABY HAKUREI TURNIPS WITH APPLES *VEGAN, GF*

Threebeansonstring.com

Ingredients

2 bunches hakurei turnips , trimmed, greens reserved	2 tbsp olive oil
3 apples, peels left on, cored & sliced into chunks about size of baby turnips	3 tbsp honey
	½ tsp kosher salt

Directions

1. Place turnips and apple chunks in a large skillet; add water to cover turnips and apples halfway.
2. Add olive oil, honey, and salt; bring to a boil.
3. Cook 3-4 minutes until apples are soft- remove apples.
4. Continue cooking turnips until liquid is syrupy and turnips are tender, about 10 minutes.
5. Add apples back to the skillet. Toss the apples and turnips in the syrupy liquid.
6. Add turnip greens to skillet and cook over medium heat until just wilted, about 2 minutes.
7. Serve and enjoy!

SPRING ASIAN GREENS & PEA PASTA *VEGETARIAN*

Ohmyveggies.com

8 oz. whole wheat penne pasta	¼ tsp crushed red pepper flakes
2 tbsp olive oil, plus more for drizzling	1 tsp fresh lemon zest
1 bunch spring onions, finely chopped, separate white from green	1 tbsp fresh lemon juice
2 cloves garlic, minced	½ cup crumbled feta cheese, plus more for topping
1 ½ cups peas	Salt and pepper to taste
3-4 cups mizuna or mibuna, lightly packed	3 radishes, thinly sliced

Directions

1. Cook pasta until al dente. Before straining, scoop out ½ cup of pasta water and reserve.
2. Heat the olive oil in a large sauté pan over medium high heat. Add the whites of the spring onions and cook, stirring frequently until slightly cooked.
3. Stir in garlic and add peas, stirring occasionally, until cooked.
4. Reduce heat to medium-low and add the cooked pasta along with ½ cup of pasta water. Add the mizuna/mibuna, crushed red pepper flakes, lemon zest, lemon juice, and feta cheese and stir to combine. Cook, stirring occasionally, until mizuna begins to wilt, 1-2 minutes.
5. Remove pan from heat. Season to taste with salt and pepper and drizzle with a little olive oil. Serve with sliced radishes, greens of spring onions, and a sprinkle of feta cheese.