

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 3
May 25 & 28

IN THE SHARE

- head lettuce/
arugula/mibuna
- kale/collards/ chard
- spring onions
- radishes
- turnips

PICK-YOUR-OWN

RED:

- Oregano
- Chives, Anise Hyssop,
- Lambs Ear
- Rhubarb

ORANGE:

- Lambs Ear, Sorrel

BROWN:

- Bachelor Buttons,
- Anise Hyssop

PINK:

- Bachelor Buttons

YELLOW:

- Sage, Winter Savory

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.

BREEZE THRU THE TREES 5K Sunday, June 12th

A 5K race/walk at Ruppert Landscape in Laytonsville with a mission of bringing kindness and inclusion to our community. All proceeds benefit Red Wiggler.

Please join us to run, walk or just enjoy the morning!

5K Runners/Walkers start at 8:30

1 mile Fun Run starts at 9:30 (free)

Music and refreshments until noon.

Thursday, June 9th 4-8pm packets can be picked up at Waredaca Brewing where \$1 of every pint will be donated to Red Wiggler.

Come out and show us your support!

Register at breezethruthetrees.com

FARM NOTES:

It's almost 80 degrees outside right now. The sun is shining and there is a slight breeze. The weather could not be more beautiful for eggplant planting! Planting eggplant is one of the tasks on the farm that really shows off the process we use for getting things done efficiently in the fields while also encouraging growers to strengthen skills and introducing volunteers to new skills.

The first thing to do is to make holes in the plastic. Today that job belonged to Hans and Paul. The next thing to do is dig the holes. Nuno, a grower and expert hole digger, is paired up with a volunteer who will learn by observing his. Next, Sam, Steve and a volunteer come through and place the plants in the holes and cover with soil. Today Iya was able to practice planting. After the eggplants are planted, Craig & Stephen come through to water each plant. The process isn't complete until Elaine, Iya, Sam & Andrea push hoops into the ground and cover the rows with row cover to keep them warm & bug free.

This is also the process we use for planting peppers and tomatoes. By giving each person one short job that they will repeat over and over, they are able to practice over and over, there is no juggling of a shovel and plant and volunteers are able to integrate without a huge learning curve. This process also makes it easy to choose one or two growers during that planting to learn a new skill in the process.



Recipes

Spicy Quick Pickled Radishes *VEGAN, GF*

Cookieandkatie.com

Ingredients

1 bunches radishes
¾ cup white vinegar or apple cider vinegar
¾ cup water
3 tbsp honey or maple syrup
2 tsp salt
½ tsp red pepper flakes
½ tsp whole mustard seeds
optional add-ins: garlic gloves, black peppercorns, fennel seeds, coriander seeds

Directions

1. To prepare the radishes: slice off the tops and bottoms of the radishes, then use a sharp chef's knife or mandolin to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds.
2. To prepare the brine: in a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring to mixture to a boil, stirring occasionally, then pour the mixture over the radishes.
3. Let the mixture cool to room temperature. You can serve the pickles will keep well in the refrigerator for several weeks, although they at their freshest and crispest state for about 5 days after prickling.

Super Simple Arugula Parmesan Salad *VEGETARIAN, GF*

Ingredients

5-6 oz. arugula, washed, dried and torn
½ lemon, juiced
Salt and freshly ground black pepper
2 tbsp Olive oil
3 tbsp Parmesan cheese

Directions

1. In a serving bowl, drizzle the arugula with ½ the oil, ½ the lemon juice, 1 tbsp. of the parmesan cheese and then sprinkle with sale and pepper.
2. Gently turn the arugula over once from the bottom of the bowl and add the rest of the oil, lemon, another tablespoon of the cheese and sprinkle again with salt and pepper.
3. Toss gently until well mixed and taste for seasoning

What to do with all those greens!

Some people just can't get enough of greens and might just be in heaven. But when you are less used to eating so many greens bringing home 3 bunches of greens each week might feel a little intimidating. Here are some basic ideas beyond salads & sautés.

- 1) Pesto: 4 cups greens, ½ sunflower seeds, a little olive oil and a few cloves of garlic.
- 2) Roast: Roughly chop and lay on pan in thin layer. Sprinkle with olive oil and spices. Put in oven at 400 for 7 minutes or so. Best for kale & collards.
- 3) Preserve: Greens are easy to preserve by blanching and freezing. Frozen greens are great for smoothies or added to spaghetti sauce.
- 4) Eggs: Add greens to omelets, scrambled eggs, serve as a bed for soft boiled eggs to pile them high on an egg salad sandwich.
- 5) Wraps: Blanch and use large chard, collard or kale leaves as wraps for tacos, Asian style wraps or dolmas.