

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 5
June 8 & 11

IN THE SHARE

- *Spring onions*
- *Turnips*
- *Radishes*
- *Kale*
- *Chard*
- *Collards*
- *Head Lettuce*
- *Garlic scapes*

PICK-YOUR-OWN

RED:

Oregano
Chives, Anise Hyssop,
Lambs Ear, Cilantro,
Dill

ORANGE:

Lambs Ear, Sorrel,
Rhubarb

BROWN:

Bachelor Buttons,
Anise Hyssop

PINK:

Bachelor Buttons

YELLOW:

Sage, Winter Savory,
Parsley

Above Orange PYO:
PEAS!!

RAIN GARDEN:

Petite Irises

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.

Farm Notes from Intern Amy:

Peas are ready! In addition to being sweet, crunchy, and fun to pick, peas help nourish our soil. The roots of legumes convert atmospheric nitrogen into plant food! This process feeds the soil for the next crop planted, and makes it possible for Red Wiggler to grow our vegetables without any synthetic fertilizers, so we can be kind to Earth and supply you with food that is healthy and safe.

Red Wiggler also uses cover crops to keep our soil healthy! Rye and vetch are planted into some of our fields with the purpose of adding nutrient to our soil, preventing erosion, and maintaining moisture. The tall grass and purple flowers have just been crimped down in one of our fields, where it will create a mulch for tomatoes and squash. This natural mulch helps prevent weed problems, so Red Wiggler never has to use sprays to eliminate weeds.

While you're picking your peas, remember that the same plants that are feeding you are helping us to create fertile ground to nourish a healthy and inclusive community. Thank you for all of your help and enjoy the peas! They taste the sweetest right about now!

COMING UP:

Waredaca Brewing, Thursday June 9th 4-8pm

\$1 per pint plus tips will be donated to Red Wiggler! Bring a picnic and join us there!

Field Tour with Woody Saturday, June 11th 11am

Only 3 spots left! Free to CSA members- e-mail Molly@redwiggler.org.

Breeze Thru the Trees 5K @ Ruppert Landscape, Sunday June 12th

Race starts at 8:30am. Proceeds benefit Red Wiggler Community Farm!

Register at breezethruthetrees.com

Farm to Fork, Saturday June 25th 6pm

ONLY 5 TICKETS LEFT! Join us in the fields of Red Wiggler for a beautiful evening of local food, local hand crafted beer and wine, and wonderful company all while raising money for Red Wiggler! **Register at redwiggler.org/events/**



Recipes

Simple Radish Salad

NYTimes Serves 4

Ingredients

About 12 radishes thinly sliced
1 tbsp salt
¼ tsp freshly ground black pepper
2 tbsp fresh lime juice

1 tbsp orange juice
pepper flakes to taste
2 tbsp chopped mint or cilantro

Directions

1. Combine radishes with salt, and cover with water in a bowl. Let sit 15 minutes. Drain and rinse. Meanwhile stir together the pepper and fruit juices.
2. Toss the radishes with dressing and chilies. Taste. Add more salt, pepper or lime as needed. Garnish with herb, and serve.

Pickled Radishes

Ingredients

1 bunch thinly sliced radishes
¾ cup water
¾ cup apple slice vinegar
1 ½ tsp sea salt

3 tbsp honey
2 whole, peeled garlic
cloves

Directions

1. Heat up everything but the garlic and radishes in a small saucepan until everything is dissolved.
2. Pack clean canning jars with thinly sliced radishes and a clove of garlic.
3. Pour hot liquid to cover and let cool.
4. The radishes are ready to eat after 24 hours. Store in the fridge for up to 3-4 weeks.



Maple Lime Salad Dressing

Makes 1 cup

Ingredients

Juice of 2 limes
¼ cup maple syrup

¼ cup Dijon mustard
¼ cup extra virgin olive oil

Directions

Combine all the ingredients for the dress in a small jar and shake well. It keeps in the fridge for a week. Serve over a combination of lettuce, greens and herbs!