

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 6
June 15 & 18

IN THE SHARE

- *Spring onions*
- *Turnips*
- *Radishes*
- *Kale*
- *Chard*
- *Lettuce*
- *Beets*
- *Kohlrabi*
- *Bulb Fennel*

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

PURPLE:

Wildflowers

Above Orange PYO:
PEAS!!

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.

It's the 2nd to last CSA pick-up of the Spring share, area schools are in their last few days and the last few school groups are coming out to the farm for their field trips. The season is changing!

It's also an exciting week on the farm because beets, kohlrabi and bulb fennel are all ready and part of your share this week!

So to highlight these delicious veggies, this newsletter features an extra recipe to help you take full advantage of your share this week.

Recipes

Fennel Slaw with Mint Vinaigrette

Serves 4-6

Ingredients

| | |
|----------------------------|--------------------------------------|
| 1 large fennel bulb | ½ tsp mustard |
| 1 ½ tsp sugar | ½ tsp salt |
| 2 tbsps lemon juice | 1 tbsp chopped fresh mint |
| ¼ cup olive oil | 2 tsp minced shallot or onion |

Directions

1. Make the vinaigrette: Put the lemon juice, shallot, mustard, salt, sugar and mint in a blender and pulse briefly to combine. With the motor running, drizzle in the olive oil until it is well combined.

2. Shave the fennel into thick slices: Using a mandoline, shave the fennel into 1/8 inch slices starting from the bottom of the bulb. Don't worry about corring the fennel bulb, it's unnecessary. If you don't have a mandoline, slice the bulb as thin as you can. Chop some of the fennel fronds as well to toss in with the



salad.

3. Marinate fennel with vinaigrette: Toss with the fennel and marinate for at least an hour. Serve this salad either cold or at room temperature.

Raw Beet Salad

Mark Bittman, NYTimes Serves 4

Ingredients

1 lb **beets**

1 large shallot (or substitute **spring onions**)

Salt and freshly ground black pepper

2 tsp Dijon Mustard, or to taste

1 tbsp extra virgin olive oil

2 tbsp sherry vinegar or other good strong vinegar

Minced **dill** or **parsley**

Directions

1. Peel the beets and the shallot. Combine them in the bowl of a food processor fitted with the metal blade, and pulse them carefully until the beets are shredded; do not puree. (Or grate beets by hand and mince the shallots; combine.) Scrape into a bowl.
2. Toss with the salt, pepper, mustard, oil and vinegar. Taste, and adjust seasoning. Toss in the herbs, and serve.



Kohlrabi Salad with Cilantro and Lime

Feastingathome.com Serves 4-6

Ingredients

6 cups **kohlrabi**—about 3 4 inch bulbs (or you can substitute sliced **fennel** or apple for part of the kohlrabi)

½ cup chopped **cilantro**

half a jalapeno- minced

¼ cup chopped **scallions**

Orange zest from one orange

Lime zest from one lime

For the Vinaigrette:

¼ cup olive oil

juice from one orange

juice from one lime

¼ cup honey

½ tsp kosher salt

1 tbsp rice wine vinegar

Directions

1. Trim and peel kohlrabi. Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making ¼ inch matchsticks.
2. Place in large bowl with chopped cilantro, scallions, finely chopped jalapeno, lime zest and orange zest.
3. Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. Serve and enjoy!

