

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2016 Week 7
June 22 & 25

IN THE SHARE

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

PICK-YOUR-OWN RED:

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

ORANGE:

Lambs Ear, Sorrel,
Rhubarb

BROWN:

Bachelor Buttons,
Anise Hyssop

PINK:

Bachelor Buttons

YELLOW:

Sage, Winter Savory,
Parsley

PURPLE:

Yarrow

Above Orange PYO:
PEAS!! (Best cooked
or shelled!)

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.

This is the last week of the Spring share. We will not have CSA pick-ups on June 30th or July 2nd. The first Summer pick-up is Wednesday, July 6th.

The farm is looking beautiful- flowers are blooming, herbs are at their prime -- it's the perfect temperature. There are a few new things in the PYO so be sure to get out there and pick your share. Our tables at Farm to Fork this weekend will be decorated with bouquets of yarrow, bachelor buttons, gomphrena and marigolds! Lots of things are blooming and will be added to the list next week. It's a lovely week to just take a walk around the farm and see how things are looking. There are also still peas. At this point, they are best shelled or cooked.

On Monday our core staff and interns went to the annual Chesapeake CRAFT Summer Solstice Conference. Here is a report back from one of our interns, Amy:

Did you know that Red Wiggler is part of the Chesapeake Collaborative Regional Alliance for Farmer Training? Chesapeake CRAFT is a program that encourages farmers in Northern Virginia and Maryland to learn from and connect with each other through farm tours. All of these visits take place during the growing season and include a potluck dinner.

Chesapeake CRAFT just held a special Summer Solstice Conference event on Monday, June 20th at Mountain View Farm. In addition to a tour of Mountain View farm, the conference included presentations by CRAFT farmers about different farming methods and solutions to common challenges! Our farm manager, Andrea Barnhart, gave a presentation on Red Wiggler's experience with No-till Farming, a farming method that seeks to avoid disturbing the soil through tillage. No-till Farming is appealing to Red Wiggler because it has been shown to prevent soil erosion, increase soil fertility, and encourage nutrient cycling.

Red Wiggler staff also had the opportunity to learn from other small, sustainable farms as they share their experiences on topics like Covering Cover Crops and Common Vegetable Pests.



Veggie Fact:

“In 1975, during the Apollo-Soyuz Test Project, cosmonauts from the USSR’s Soyuz 19 welcomed the Apollo 18 astronauts by preparing a banquet of borscht in zero gravity.” (lovebeets.com) Check out our recipe in this newsletter. We’ll even allow you to make it in gravity☺.

Recipes

French Lentil Salad *adapted from The Art of Simple Food by Alice Waters*

Ingredients

1 cup Lentils (French green or black Beluga are best)
1 tablespoon red wine vinegar
salt & freshly ground pepper
1-3 tablespoons extra-virgin olive oil

¼ cup thinly sliced **spring onions**
3-4 tablespoons chopped fresh **parsley (or cilantro)**
1 bunch diced **raw kohlrabi (peeled)**
½ cup crumbled feta or goat cheese (optional)

Instructions

Sort & rinse 1 c lentils. Cover with water (about 3 cups) in a sauce pan. Bring to a boil, then turn down to a simmer. Cook until tender all the way through, adding more water if necessary (about 30 minutes). Drain and reserve ½ cup of cooking liquid.

Toss lentils with vinegar, salt and pepper. Let sit for 5 minutes, then taste and add more salt or vinegar as needed.

Add oil, onion and herbs. Stir and taste. Add a bit of the cooking liquid if lentils seem dry and hard to stir. Incorporate any additional ingredients.

Clear Summer Borscht *recipe by Martha Rose Shulman*

SERVES: 6 servings

Ingredients

2 lbs **beets**, peeled, cut in half and sliced thin
7 cups water
2 tsp salt
6 tbsp fresh lemon juice
1 tbsp sugar

2 plump garlic cloves, cut in half lengthwise, green shoots removed
¾ cup plain low-fat yogurt
1 small cucumber, peeled, seeded and cut in small dice
chopped fresh **dill or chives** for garnish

Instructions

- 1) Combine the beets, water and 1 tsp salt in a soup pot and bring to a simmer. Cover and simmer for 30 minutes. Add the lemon juice, remaining salt and sugar and continue to simmer, uncovered, for 20 minutes. Remove from the heat and add the garlic.
- 2) Allow to cool, then cover and chill. Taste and adjust seasoning. Remove the garlic cloves.
- 3) Place 2 tbsp. yogurt, if desired, into the center of chilled soup bowls. Ladle in the soup. Garnish with diced cucumber and minced dill or chives.