

Summer 2
July 17 & 20, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Carrots
Beans
Cherry Tomatoes
Red & Heirloom Tomatoes
Eggplant/ Sweet Peppers
Chard
Beets
Spring Onions
Cucumbers/
Squash/ Zucchini

In the PYO:

Basil
Dill
Cilantro
Parsley
Mint
Cosmos
Bachelors Buttons
Wildflowers

The summer temperatures this week are great news for our heat-loving eggplant, peppers, and tomatoes, but they sure do make our farmers wilt! We are doing our best to stay cool as we harvest and tend the fields.

If you haven't been keeping up with our monthly Red Wiggler Newsletter (in an email inbox near you!), take a moment to check out the Farm Notes blog on our website. Learn about your farmers with our Grower Spotlights, and catch up with the latest happenings at the farm. Let us know what you think, and what you would like to hear more about.

Compost Buckets... Some sage advice from seasons past

Perhaps you haven't experienced it yet, but with warmer weather and softer vegetable trimmings (tomato seeds, anyone?) come sloppier compost buckets. While we don't mind the goop at all, the inside of your car and those with noses who pass by the bucket at home might appreciate the following suggestion from Redwormcomposting.com.

They recommend that you start your bucket with a nice, thick layer of absorbent material. Dried grass or other yard scraps are a good option, as is shredded white paper. A little crumpled up newspaper is okay too, just be sure to avoid the shiny sections and don't overdo it. The base layer should be enough to minimize the goop and control smells, but you can always add additional layers of dry material as you go.

Thanks for leaving the meat and dairy products out of your compost bins, and please let us know if you have any questions or suggestions about the composting process!

Sweet Dilly Pickles

Firing up the stove for hot water bath canning seems like a less than grand idea when the temperatures outside take a turn for the oppressive. A quick refrigerator pickle method keeps cucumbers, carrots or beans extra crunchy and flavorful, while keeping your kitchen a nice normal temperature

2 pounds cucumbers or carrots
1 ½ cups white vinegar
1 ½ cups water
½ cup sugar
2 teaspoons coarse salt (Kosher)
2 teaspoons dill seeds
1 teaspoon black peppercorns
2 garlic cloves, peeled and smashed
8 springs fresh dill

1. Scrub cucumbers & carrots, then trim the ends. Cut cucumbers lengthwise into 8 spears and place in jar. For carrots, slice into jar sized sticks. Blanch by placing them in boiling water; carrots for 4 minutes, beans for 2 minutes, then plunge them into ice water before proceeding. Evenly distribute spears into 2 quart sized jars (or a large glass bowl).
2. In a medium saucepan, combine vinegar, water, sugar, salt, dill seeds and peppercorns. Bring to a boil over medium high heat, stirring until dissolved, about 8 minutes. Remove from heat and add garlic and dill. Cool 10 minutes.
3. Cover the vegetables completely with brine. Refrigerate overnight. Pickles will keep up to 1 month in the fridge.

Summer Green Bean Salad

Adapted from Fine Cooking

1 lb. fresh green beans, trimmed and cut in half diagonally
1 small red or white onion, cut in half through the root end, root trimmed, and cut lengthwise into very thin slices
1 clove garlic
1/4 cup red-wine vinegar; more to taste
1/3 cup extra-virgin olive oil
1 pint cherry tomatoes, cut in half
1 cup roughly chopped fresh basil
Freshly ground black pepper

1. Put the sliced onion in a small bowl filled with ice water (which will crisp it and mellow its flavor). Using a mortar and pestle or the flat side of a chef's knife, mash the garlic to a paste with a pinch of salt. Put the paste in a small bowl (or keep it in the mortar) and whisk in the vinegar. Let sit for 5 to 10 minutes and then whisk in the olive oil.
2. Meanwhile, prepare the green beans. Leave them raw if they are tender enough for you, or bring a medium pot of water to a boil. Add salt and the beans, and cook until just tender, about 3 min. Drain the beans and spread them on a baking sheet to cool.
3. Just before serving, drain the onions. Put the beans, onions, cherry tomatoes, and basil in a large bowl. Season with salt and pepper and toss with the vinaigrette. Taste again and add more salt, pepper, or vinegar if needed. Serve right away.