



In your share:

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

In the PYO:

Basil
Dill
Cilantro
Parsley
Mint
Cosmos
Bachelors Buttons
Wildflowers

Farm Tour this week!

This Saturday Red Wiggler Community Farm is once again participating in Montgomery County's Farm Tour from 10 am to 4 pm. We'll have tours of the fields, activities for the whole family, as well as vegetables and honey for sale. Hope you can join us with your friends and family- all are welcome and the event is free. Pick up a map of the other farms open in the county and make a day of exploring your local foodscape.

Harvest Celebration & Silent Auction

We are looking for great items to feature in the Silent Auction portion of our Annual Harvest Celebration. Whether you would like to donate the use of your vacation home or a hand made tomato cozy, we would love to chat with you about what we can use! Maybe you saw something at another auction that was a big hit- let us know! Email Liz at auktion@redwiggler.org, and check out the events page at RedWiggler.org to donate items & purchase tickets.

Get to know your Beans

You may have noticed that the bags of beans are not all the standard green beans. We are growing some cool varieties this season, which we hope you'll enjoy for their novelty as much as the excellent eating qualities.

The Royal Burgundy variety produces brilliant purple beans that are easy to spot against the green foliage of the bush. This makes harvesting more accessible for all of us, and it is especially helpful for growers with vision challenges. Enjoy them raw in a salad to highlight their unique purple hue, or cook them and watch the 'magic' as the purple beans turn green!

Our Jumbo variety, an Italian style bean, has long, flat pods whose size also improves the harvesting experience. These beans are stringless all the way up to 10 inches long and they boast excellent, rich bean flavor. Chop the raw beans into bite sized chunks and enjoy mixed into grain salads, or steam them whole and sauté with garlic and sweet peppers for a stunning side dish.

Storage Onions

Note that we have switched from spring onions, which are harvested fresh and stored in the fridge, to storage onions. These (usually) larger bulbs have been harvested and briefly cured, though these first varieties are best used within a few weeks of harvest. Keep them in a cool, dry, dark place and you'll have a staple on hand for the rest of the summer!

Storing your Tomatoes

Tomatoes are best kept on the counter, not in the fridge, to preserve their flavor and texture. They will continue to ripen once harvested, so keep them out of direct sunlight. If your tomatoes seem to be headed for overripeness before you will be able to enjoy them, then by all means, pop them in the fridge- or eat them immediately!

Quinoa Salad with Roasted Peppers and Tomatoes

While the recipe is very specific, it takes well to variations. Replacing the orange juice with vegetable broth and using rosemary and thyme in place of basil and mint will yield a savory, fall themed version come the end of summer harvest.

- ¼ cup Plus 1 Tablespoon Extra-Virgin Olive Oil
- 2 cups Quinoa, rinsed and drained
- 2 cups Fresh Orange Juice
- 2 cups Water
- Kosher Salt
- 1 large Red Bell Pepper
- 1 large Yellow Bell Pepper
- ½ cup Pine Nuts (or raw sunflower seeds)
- 1 Tbsp White Wine Vinegar
- 1 medium Cucumber—Peeled, halved, seeded and finely diced
- 1 large Tomato, seeded and finely diced
- ¼ cup Finely Chopped Basil
- ¼ cup Finely Chopped Mint
- Freshly Ground Black Pepper

In a medium saucepan, heat the 1 tablespoon of olive oil. Add the quinoa and cook over moderately high heat, stirring, until lightly browned, about 4 minutes. Add the orange juice, water and a generous pinch of salt and bring to a boil. Cover and cook over low heat until the liquid is absorbed, about 15 minutes. Fluff the quinoa with a fork and spread on a baking sheet to cool.

Meanwhile, roast the red and yellow peppers directly over a gas flame, on the grill, or under the broiler, turning occasionally, until charred all over. Transfer the peppers to a bowl, cover and let steam for 10 minutes. Peel and seed them and cut into ¼-inch dice.

In a medium skillet, toast the pine nuts over moderate heat, stirring occasionally, until golden and fragrant, about 5 minutes. Transfer the pine nuts to a plate to cool.

In a large bowl, whisk the remaining ¼ cup of olive oil with the vinegar. Add the quinoa, peppers, pine nuts, cucumber, tomato, basil and mint and toss well, breaking up any lumps of quinoa. Season the salad with salt and pepper and serve.