

Summer 6
August 14 & 17, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Rainbow Carrots
Sweet Potato
Greens
Cucumbers/
Squash
Potatoes
Cherry Tomatoes
Red & Heirloom
Tomatoes
Eggplant/ Sweet
Peppers
Hot Peppers

In the PYO:

Basil
Dill
Cilantro
Parsley
Mint
Cosmos
Bachelors Buttons
Wildflowers

From the Fields

Our fields are looking good after all of the rain! The cover crops and fall greens are going in to the ground now. Lettuce and broccoli have been planted this week, joining carrots, beets, mustard, mizuna and kohlrabi that are already sprouting in the fields. In the greenhouse, the kale, collards and chard are happily growing and will be transplanted out in a few weeks.

Fall Share Update- accounts due and shares still available!

Just a reminder that if you have already reserved your share for the fall and need to settle up, accounts are due September 1. We still have a few shares available for Wednesdays this fall! For those of you who haven't signed up yet, or for your friends who have been admiring your share, you still have a chance to sign up for 7 weeks of fantastic fall veggies from October 9th through November 23rd. Check out the CSA page on the website today!

Harvest Celebration & Silent Auction

We would love your help to make our annual celebration of the Harvest a success. Bakers, event volunteers and items for our Silent Auction needed- contact Liz (liz@redwiggler.org) if you can contribute!

Moroccan Carrot Salad

This is a beautiful recipe to highlight the flavors and colors of the rainbow carrots, and is a great use for the overachieving carrots that have grown extra large this summer. Adjust the heat from the spices to your personal liking; this dish can be a great showcase for the heat, or a nice mild side to accompany any summer meal.

- 1 pound carrots, coarsely grated (about 4 cups)
- 1/4 cup vegetable oil or extra-virgin olive oil
- 3 to 4 tablespoons fresh lemon juice
- 1/4 cup chopped fresh cilantro or parsley
- 2 to 4 cloves garlic, mashed or minced
- 1 teaspoon ground cumin or 1/2 teaspoon ground cumin and 1/4 teaspoon ground cinnamon
- 1 teaspoon sweet paprika
- Pinch of salt
- About 1/2 teaspoon *harissa* (Northwest African chili paste), 1 tablespoon minced green chilies, or 1/4 to 1/2 teaspoon cayenne (optional)

In a large bowl, mix together all the ingredients. Cover and let marinate in the refrigerator for at least 2 hours or up to 2 days to allow the flavors to meld and permeate the carrots. Served chilled or at room temperature.

Sautéed Sweet Potato Greens

In the event that you need a nudge to enjoy your sweet potato greens, know that they are pack full of vitamins A, B6, K & E, and have high mineral and dietary fiber content as well. More importantly, they are downright delicious, even in a super simple preparation. They are a West African delicacy, and work beautifully in place of spinach in your favorite recipes. This one highlights the sweeter flavors of the sweet potato greens.

- 1 large bunch sweet potato greens (about half a pound)
- 1/2 small white onion, diced
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 1 1/2 tablespoons maple syrup

Remove sweet potato leaves from stems and set aside. Remove smaller stems from the larger, tougher stems. Discard the larger stems and roughly chop the smaller stems. Heat olive oil in medium-sized pan over medium high heat. Add onion and sauté until just softened, about 3 minutes.

Add stem pieces and sauté until tender, about 5 minutes.

Add leaves, salt and pepper to taste, and maple syrup. Sauté until leaves are wilted, about 2 minutes. Serve.