

Summer 8
August 28 & 31, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter



In your share:

Carrots/Sweet
Peppers/Eggplant
Onions
Hot Peppers
Potatoes
Cherry Tomatoes
Heirloom
Tomatoes
Chard/Sweet
Potato Greens

In the PYO:

Basil
Dill
Cilantro
Oregano
Thyme
Catnip
Mint
Cosmos
Zinnias
Sunflowers
Mexican
Sunflowers

Reminder- No CSA pickup next week!

Just a reminder that there will not be CSA pickup next week! We will be preparing for the Harvest Celebration and Silent Auction, so the CSA takes a break. Speaking of which...

What are you doing Saturday, September 7th?

Hopefully the answer is that you will be joining us for the Harvest Celebration and Silent Auction here at the farm, beginning at 4 pm. If you don't already have your ticket, you can get yours at RedWiggler.org/events.

It is a wonderful day spent celebrating the work of the season, recognizing our growers and all their efforts as we taste our way through some fantastic Red Wiggler Community Farm Produce, accompanied by great local beer and wine- check out our Giving Table to buy your drink tokens. The Giving Table will feature all those generous donors who have contributed to the event through a Friends and Family Sponsorship! See Anna at CSA pickup to learn more.

From the fields

While a little (more) rain would have been nice over the last week, our newly planted fall crops are coming up happily! We have been doing some irrigating to get them off to the best possible start. The mustard greens and mizuna are thriving, and you may see them in the share before too long!

A whole bunch of baby kale plants were tucked into their beds earlier this week after getting a strong start in the greenhouse. They will be protected by floating row cover- the agricultural fabric that lets the sunlight and rain through, while keeping bugs out and reducing the intensity of the summer sun enough to keep young transplants from shocking and wilting. Lots of work, but a great investment in our fall harvest.

If you still have friends looking for a way in to Red Wiggler Community Farm, there are a few Wednesday fall shares up for grabs. Email Kara at csa@redwiggler.org.

Potato & Greens Frittata

Perfect for brunch or accompanied by a green salad for dinner, a frittata is a lovely way to showcase your share. Serve slices on a puddle of simple 5 minute tomato sauce for an elegant presentation.

- 3 tablespoons olive oil
- 2-3 small potatoes (3/4 pound), washed and trimmed
- 1 small onion, thinly sliced
- 9 large eggs
- kosher salt and black pepper
- 1 bunch chard, washed
- 1 cup grated cheddar cheese (optional)

1. Heat oven to 350° F. Slice the potatoes into thin rounds, leaving the skin on, trimming only the patches that are scaly. Slice onions into thin wedges.
2. Heat 2 tablespoons of the oil in a large ovenproof nonstick skillet over medium heat. Add the potatoes and onion and cook, tossing occasionally, until the potatoes are almost tender, 10 minutes.
3. Strip the greens from the chard stems. Roughly chop the stems and add them to the potatoes; cook 2-3 more minutes. Roughly chop the chard greens (or sweet potato greens) and add them to the pan, cooking just until wilted.
4. Meanwhile, in a large bowl, whisk together the eggs, ½ teaspoon salt, and ¼ teaspoon pepper. Mix in the cheese.
5. Add the egg mixture to the skillet, stir once, and transfer the skillet to oven. Cook until the eggs are set, 12 to 14 minutes.

Simple Tomato Sauce

3 lbs tomatoes, fresh heirloom and cherry, in any proportion

Olive oil

1-2 cloves garlic

a handful of fresh basil or oregano

Sea salt to taste

Heat a saucepan over medium high heat, adding 1-2 tablespoons olive oil.

Trim the cores and any blemishes from your tomatoes and chop them roughly. (Cut them right over the saucepan to catch any escaping juices)

Add the tomatoes to the saucepan and bring to a boil, then turn off the heat. Throw in a handful of basil or a teaspoon or two of fresh oregano. Stir, letting the flavors blend for a minute or two.

Run the sauce through a food mill to remove seeds and skins, or enjoy it 'home-style' just as it is!