Summer 1
July 10 & 13, 2013

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Onions
Cherry Tomatoes
Kohlrabi
Beans / Carrots
Zucchini/ Cucumber
Chard / Beets

In the PYO:

Dill
Cilantro
Parsley
Winter Savory
Valerium
Mint
Cosmos
Bachelors Buttons
Wildflowers

Welcome to the Summer CSA season!

We are delighted to have you with us for our summer season CSA! A few reminders for those of you joining us for the first time this year:

- Wash your veggies! The summer harvest in particular is best washed just before it is eaten. Store it as you get it, but please make sure to wash veggies thoroughly in cool water before enjoying them.
- Check our the CSA Member Handbook for answers to your logistical questions (find it on the website CSA newsletter page)
- We are here to answer your questions and help in any way that we can. Please use us!

Pick Your Own

Both the upper PYO (inside the deer fence) and the lower PYO (between the barn and the program building) are full of beautiful blooms and fragrant herbs ready for you to harvest and enjoy. Check in with the volunteers and staff buzzing around the PYO for advice on how to select, cut, and use the plantings marked with a blue flag- these are ready to harvest. Also, you are welcome to cut anything you see blooming on the farm- just ask if you are unsure!

Holding on to the Herbs

The fresh flavors of summer herbs are so inspiring that it can be really disappointing when, despite our best efforts, preserving them just doesn't pan out they way we planned. According to Organic Gardening Magazine, we've been going about it all wrong! Drying them and freezing them in water leave them soggy and tasteless, while preserving them in oil protects the aromatic oils in the plants that give them their distinct flavor. Follow OG's guidelines to enjoy the bounty all summer long

- Wash herbs, discarding stems and damaged leaves. Spin leaves dry in a salad spinner or dry well with paper towels.
- Place herbs in food processor with 1/3 cup olive oil for every 2 cups leaves, or 1/2 cup unsalted butter (1 stick) per 2 to 4 tablespoons leaves.
- For butters, add grated citrus rind, ginger, or garlic for extra flavor.
- To make sure herb oils are adaptable to a wide variety of uses, don't add cheese or nuts.
- Pulse processor, scraping down sides of bowl from time to time, until you get a chunky paste and all leaves are chopped.
- To package for freezing, put 1 cup herb oil or 1/2 cup herb butter in a 1-quart zip-top bag, then flatten and spread mixture to make a thin layer. Freeze flat.
- Best used within 6 months.

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Herbs preserved in oil can be used the same way that you'd use fresh herbs- soups, stews, salad dressings and dishes. Herbed butters can do anything- spread them on sandwiches, cook meats and vegetables with them, or just let them soften and enjoy spread on a slice of bread and top with a big fat slice of tomato.

Kohlrabi Salad with Red Onions and Capers
Adapted from Gourmet Magazine

2 lbs kohlrabi
1/2 small red onion
1 tbsp fresh lemon juice
3 tbsp olive oil (or flavored olive oil)
2 tbsp drained capers
2 oz tender picked lettuce (any variety)

Peel kohlrabi. Slice very thin and put into a bowl. Slice onion very thin and stir into kohlrabi.
Stir together lemon juice, 1/4 tsp salt, and 1/8 tsp pepper, then stir in oil and capers. Pour over vegetables. Cut lettuce into strips and toss with kohlrabi. Serve immediately.

Serves 6 (or 8 as a side dish)

Roasted Cherry Tomatoes
From Real Simple Magazine

Use this delicious roasted dish to top pasta, pizza, or spread on sliced bread

2 pints cherry tomatoes
3 garlic cloves, peeled and thinly sliced
2 tablespoons olive oil
2 tablespoons balsamic vinegar
1/2 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

Heat oven to 400 degrees F. Combine all the ingredients except the basil in a roasting pan. Roast for 20 minutes, stirring occasionally, until the tomatoes are just bursting. Carefully transfer the tomatoes to a bowl and set aside.

Place the roasting pan on the stove over medium heat (or transfer the liquid to a small saucepan) and reduce the liquid until slightly thickened, about 5 minutes. Toss the tomatoes with the basil. Drizzle some of the thickened balsamic sauce on each serving.