

Summer 1
July 9 & 12, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Green Garlic
Onions
Beets
Chard
Sweet Peppers/
Eggplant
Cherry Tomatoes
Beans
Zucchini/
Yellow Squash

In the PYO:

Nasturtiums (L)
Mint (L)
Lovage (L)
Sage (C)
Salvia (C)
Yarrow (C)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
Bachelor Button (A)
Winter Savory (C)
Parsley (U)
Cilantro (T)
Dill (T)
Snapdragons (L,U)
Stative (L)
Zinnias (U)
Wildflowers (W)

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A
B – Wedge B
C – Wedge C
T- Triangle outside

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 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.

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. Eager to brighten your kitchen table, the Snapdragons and Zinnias just burst out this week. The beet salad recipes use fresh dill for a great flavor.

Check in with the volunteers and staff around the PYO for advice on how to select, cut, and use the plantings marked with a blue flag- these are ready to harvest.

On the farm...

It was an exciting week for all of us: Growers and volunteers harvested all of the garlic planted way back in October of last year. Every harvest basket on the farm was full of the strong-smelling plants. After being sorted, hundreds of garlic bunches were hung in the lower barn. You are getting what is called Green Garlic in your share this week. It is garlic that hasn't been cured. It is stronger than the garlic you are used to, and it should be refrigerated and used soon. In about 4 weeks, after the hanging garlic is fully cured, you'll be seeing it in your share again.

We've also started harvesting our storage onions. One of our first plantings in April, we planted two times as many onions as last year. And now they are popping out of the soil, ready to fill our baskets. It is a pleasure to see them this way, and if you are harvesting parsley in the Upper PYO, look across the aisle to enjoy the sight. Like the green garlic, these onions in your share are also not yet cured, so refrigerate them and use them soon.

In this week's share...

Beautiful beet bunches will be a part of your share this week and every week. They are one of the few veggies that are part of all three seasons' shares. We have 4 varieties of beets planted, and we replant every 3-4 weeks. A very striking variety is the Chioggia beet: when sliced you can see red and white swirls of color. Another variety is Red Ace which is sweet and tender, even when older. The smooth dark golden skin of the Boldor beet hides a brilliant yellow interior and it has an excellent, sweet flavor. For botanical geeks, it is interesting to know that beets are in the same family as our other 3-season vegetable, Swiss Chard, also in your share today.

Recipes

Beet Salad

1 bunch beets
1 tsp sugar
½ tsp salt
1 tsp balsamic vinegar
2 Tbsp sour cream or Greek yogurt, optional
Fresh dill

Wash beets. Boil beets until tender. Remove beet skins.
Slice beets in half, then slice each half into ¼-inch slices.
Toss beets with sugar, salt, and vinegar. Stir in sour cream/yogurt.
Refrigerate before serving.
Garnish with fresh dill.

Serves 4.

Raw Beet Salad

1 bunch beets
1 onion
Salt and pepper, to taste
2 tsp Dijon mustard
1 Tbsp olive oil
2 T vinegar
1 Tbsp parsley or dill, minced

Wash and peel beets and onion. Grate beets. Mince onion.
Toss with salt, pepper, mustard, oil and vinegar.
Toss in herbs.

Serves 4.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.