

Summer 2
July 16 & 19, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Green Garlic/
Onions
Beets/Chard
Sweet Peppers/
Eggplant
Cherry Tomatoes
Red Tomatoes
Carrots
Cucumbers/
Zucchini/
Yellow Squash

In the PYO:

Nasturtiums (L)
Mint (L)
Lovage (L)
Statice (L)
Sage (C)
Salvia (C)
Yarrow (C)
Winter Savory (C)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Basil (U)
Parsley (U)
Sorrel (U)
Snapdragons (L,U)
Zinnias (U)
Wildflowers (W)
Cilantro (T)
Dill (I)

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A

Pick Your Own... The basil and sorrel in the upper PYO are ready for picking this week, in addition to all the other fragrant herbs and beautiful flowers. 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...

With the help of LOTS of volunteers, this was the week of the onion harvest. After mornings of pulling many hundreds of pounds of red and yellow onions, the afternoons were spent around bunkbed-like frames strung with strong netting. Each onion was threaded through a space in the mesh, allowing the blue green stalks to hang below. The atmosphere was something like an old-fashioned quilting bee, with the added flavor of onion perfuming the air. Definitely make a point of admiring our handiwork when you are in the barn picking up your share this week.

New Faces...

Be sure to say hello to our new CSA Market Assistants! Connie will be joining us Wednesdays and Marianna on Saturdays. They are here to help, so feel free to ask any questions you might have.

We are sad to say goodbye to Kara next week. Kara's last day at Red Wiggler is next Wednesday. She is headed to grad school at American University this fall. We wish her well on her new adventures!

Upcoming Events...

The **2014 Montgomery County Farm Tour and Harvest Sale** is coming up on **Saturday, July 26**. We are one of 17 farms open around the county. Starting at **10 a.m.**, we'll have activities for children, tours of the farm and the solar house, a farmstand for the public to purchase vegetables, and opportunities to learn about our programs. Please invite your friends to this event, and come yourselves to stock up on extra veggies and spend more time on the farm!

NOTE: This event overlaps with our Saturday CSA pickup. Please come early to pick up your share because the PYO part of your share is available only until 9:45 am. The PYO will be closed during the Farm Tour event.

Save the date: Our flagship event, the **Harvest Celebration**, is on **Saturday, September 6**. It is an opportunity to come together with our friends and supporters to acknowledge the season's work. Regional chefs excite our taste buds with tastings of dishes that feature Red Wiggler produce. Local beer and wine are offered at the bar, and a selection of items will be up for bid in the Silent Auction. Put the date on your calendar, and check <https://redwiggler.org/events/> for more details.

In your share...

The Eggplant harvest is in full swing. You'll see the amazing selection of varieties that we're growing this year: lovely new "minis" like the purple and white Fairy Tale, the green and white Thai specialty Kermit (the latter especially good in curried dishes), and the solid white Gretel; Asian types like the small purple and white Calliope, the dark purple Orient Express and Mangan; and the Italian types like deep pink Dancer and large white Clara. They provide a feast for your eyes as well as your taste buds.

Recipe...

Creamy Eggplant and Caramelized Onion Dip

1 large eggplant, cut into 1/4 inch rounds (skin on)
2 cups onion, diced
3 cloves garlic, minced
Olive oil
Sea salt + ground pepper
1/4 cup Plain Greek yogurt or sour cream (optional)
Pita or Toasted Bread for serving

Sprinkle your eggplant with salt on both sides and place in a colander in the sink to drain excess water. After 10 minutes, lightly rinse with water and then press dry between two towels.

Preheat oven to broil and position a rack at the top of the oven.

Arrange eggplant rounds on a baking sheet drizzle with olive oil and a pinch of sea salt. Roast for 5-7 minutes, turning once or twice until eggplant is softened and golden brown. Remove from pan and let cool to the touch.

While eggplant is roasting, heat a large skillet over medium heat and add 2-3 Tbsp olive oil. Add onion and stir often until caramelized - turn heat to low if browning too quickly. Add minced garlic in the last few minutes so it doesn't burn. Set aside.

Peel away the skin of the eggplant (if a little is left that's OK) and add flesh to a mixing bowl. It should be soft and tender. Add onion-garlic mixture and mash with a fork. Season with salt and pepper to taste.

To make the dip extra creamy, add 1/4 cup Greek yogurt and stir once more.

Serve immediately with pita, toasted baguette or assorted veggies. Best when eaten fresh, but will keep in the fridge covered for a couple days. Serves 4-6.