

Summer 8
August 27 & August 30, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Onions/Garlic
Carrots
Sweet Peppers
Cherry Tomatoes/
Ground Cherries
Red Tomatoes
Heirloom Tomatoes
Beets
Hot Peppers
Green Tomatoes
Cantaloupes/
Watermelons
'Bread' Zucchini

In the PYO:

Tomatillos(L)
Sunflowers(U)
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,L)
Wildflowers (W)
Cilantro (T)
Dill (T)

PYO Key:

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

*****REMINDER: Because of the Harvest Celebration, there will be no CSA next week on Wednesday, 9/3, or Saturday, 9/6.*****

Harvest Celebration & Silent Auction

Tickets are now on sale for our Harvest Celebration, Saturday, September 6th, 4pm – 7pm. <https://redwiggler.org/events/> Please sign up and join us for this wonderful event. If you are interested in volunteering to help with the event, please contact Katie (volunteer@redwiggler.org)

We still need desserts, so if you have a desire to share your baking talents, check last week's newsletter for dessert contest and dessert donation details.

Please contact Naomi (events@redwiggler.org) to sign up or ask questions.

In Your Share this week

It is time to put Cantaloupes and Watermelons on your menu! Delicious, sweet and juicy, the melons' bright-colored flesh make them a total sensory delight.

Beets are back in the share after a break. And green beans are available in the field just above the Upper PYO. They are not abundant, but worth the work if you love fresh beans.

A new bed of mini zinnias of all colors is ready for cutting in the Lower PYO. Carefully sheltered by a row cover until this week, the deer haven't found them (yet), so come ready to make a bouquet for your dinner table.

"Bread" Zucchini is just what it sounds like – great for aromatic loaves of delicious zucchini bread. Start up your food processors!

We are facing a shortage of green pint and quart containers. If you have any at home, please bring them for us to use again. Thank you!

Need Any Extra Veggies? CSA members are welcome to buy additional vegetables over and above what comes in your share. When you come to pick up your share this week, there will be additional potatoes, onions, tomatoes, garlic, beets, chard and cherry tomatoes available for purchase.

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.

On the farm.....

This week was weightlifting week at Red Wiggler. We sorely missed the extra muscle power of all the summer volunteers. After a heavy rain late last week, and then a sunny weekend, we discovered on Monday that the last planting of zucchini had absorbed it all and responded with great gusto. Much to our surprise (and dismay), we found squash the size of baseball bats had appeared. Growers cut and lifted the 7 and 8-pounders into the orange harvest baskets, and lugged them in teams to the wagon.

Later the same day, we began harvesting the melons. Hidden beneath leaves and shaded by nodding sunflowers, they, too, had swelled and ripened in the late summer. More teamwork was needed to load them into the wheelbarrows and wagon. No need for the gym this week, for sure!

Recipe ...

Unsweet Zucchini Bread

The dry ingredients for making 1 batch of cornbread

1 cup chopped onion

3 eggs

¼ cup vegetable oil

¾ cup Parmesan cheese

3 cups grated zucchini

grated Cheddar, for top

Heat oil in cast iron skillet. Mix all ingredients (except Cheddar cheese) in bowl. Pour into hot oil in skillet. Sprinkle Cheddar cheese on top. Bake at 350 degrees for 45 minutes. Enjoy!