

Summer 1
July 8 & 11, 2014

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Onions
Beets/Chard
Sweet Peppers/
Zucchini/
Yellow Squash
Cherry Tomatoes
Carrots/Beans

In the PYO:

Nasturtiums
Mint
Statice
Sage
Yarrow
Winter Savory
Anise Hyssop
Chamomile
Basil
Parsley
Sorrel
Snapdragons
Zinnias
Wildflowers
Cilantro
Dill

Welcome to the first week of the Summer CSA share. We hope you are as excited as we are for this first week of summer veggies- peppers, tomatoes, squash...yum!

Summer has been busy as usual. Over the past week we have all worked together to string the tomatoes, weed the sweet potatoes, seed swiss chard in the greenhouse and harvest hearty summer squash. We also harvested 1080 bulbs of garlic that was planted 9 months ago! The garlic is now hanging in the barn where it will dry until it's ready to be distributed in the CSA.

Reminders

- Please remember to bring your own bags to each pick-up. We will have just a few for those who forget.
- Remember to wash those veggies!

Save the Dates!

Montgomery County Farm Tour & Harvest Sale, July 25th

This free event is open to the public so bring your friends and family and enjoy the day's festivities. We'll have interpretive field walks on the hour and family friendly tours on the half hour.

Red Wiggler Certified Organic produce and local honey will be for sale.

See what other farms are participating at:

<http://www.montgomerycountymd.gov/agservices/agfarmtour.html>

Food Preservation Workshop, August 8th

Want to make your summer vegetables last a little longer? In partnership with the University of Maryland Extension program, a representative will walk us through the basics and we will all walk away with a preserved food to put on our shelves and enjoy in the colder months! Registration includes all materials and a guide to food preservation to take home. Register at redwiggler.org/events/.

Harvest Celebration, September 12th

Our 20th Annual Harvest Celebration & Silent Auction will take place on September 12, 2015. It's a chance to enjoy the seasons harvest, honor our Growers and Volunteers and celebrate the past 20 years. We'll have live music from the King Street Bluegrass band, food trucks, and local beer and wine. Please join us! Tickets on sale now at redwiggler.org/events/.

Recipes

Italian Sausage-Stuffed Summer Squash

Serves 6

4 medium summer squash (zucchini or yellow squash)
1 pound Italian sausage links (turkey is fine), casings removed (turkey sausage or seasoned cooked quinoa are both good substitutes)
2 medium tomatoes, chopped

1 cup panko bread crumbs
1/2 cup grated parmesan cheese
1/3 cup minced fresh parsley
2 tablespoons minced fresh oregano
2 tablespoons minced fresh basil
1/2 teaspoon pepper

Cut each squash lengthwise in half. Scoop out pulp, leaving a 1/4-in. shell; chop pulp. Place shells in a skillet with a 1/4 inch of water, cover, and steam for 4-5 minutes or just until shells are slightly soft.

Preheat oven to 350 degrees. In a large skillet, cook sausage and squash pulp over medium heat 6-8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in tomatoes, bread crumbs, herbs and pepper. Spoon into zucchini shells.

Place in two ungreased 13x9-in. baking dishes. Bake, covered, 15-20 minutes or until zucchini is tender. Sprinkle with parmesan cheese. Bake, uncovered, 5-8 minutes longer or until cheese is melted.

Swiss Chard and Onion Frittata

Serves 4

1 bunch Swiss chard,
4 Tbs. olive oil
2 onions, thinly sliced (bulb and thick part of stem)
Salt and freshly ground black pepper
6 large eggs

10 cherry tomatoes, halved
1/4 cup chopped parsley
4 cloves garlic, finely chopped
1/4 cup grated hard cheese, such as Parmesan (optional)
Pinch of cayenne pepper

Preheat the oven to 350 degrees. Destem and chop chard roughly. In a large fry pan over medium heat, warm 2 tablespoons of the olive oil. Add the onions and zucchini and sauté until tender. Add the chard and tomatoes. Sauté until tender, 2 to 3 minutes. Transfer to a plate. Set aside.

In a large bowl, lightly beat the eggs with the garlic and cheese. Season with the cayenne, salt and black pepper. Gently squeeze the liquid from the chard and stir in the egg mixture. Add the parsley. In an 8-inch ovenproof fry pan over medium-high heat, warm the remaining 2 tablespoons of olive oil. Add the egg mixture, reduce the heat to medium and cook until the eggs are set around the edges, about 5 minutes. Transfer pan to the oven and cook until set, 7 to 9 minutes longer. Let cool briefly.