

Summer 2  
July 15 & 18, 2014

# The Worm's Voice



## Red Wiggler's CSA Newsletter

**RED WIGGLER**  
COMMUNITY FARM

### *In your share:*

Onions  
Beets/Chard  
Sweet Peppers/  
Summer Squash  
/Cucumbers  
/Eggplant  
Cherry Tomatoes  
Large tomatoes  
Heirloom Tomatoes  
Hot Pepper

### *In the PYO:*

Nasturtiums  
Mint  
Sage  
Yarrow  
Winter Savory  
Anise Hyssop  
Chamomile  
Basil  
Parsley  
Sorrel  
Snapdragons  
Zinnias  
Wildflowers  
Cilantro  
Dill  
Cleome  
Cosmos  
Joe Pye Weed

### **Save the Date!**

**7/25** Farm Tour &  
Harvest Sale

**8/8** Food  
Preservation  
Workshop

**8/29** CSA Member  
Potluck

**9/12** Harvest  
Celebration & Silent  
Auction

### **Farm Notes:**

We started off the week harvesting our storage onions. All of this rain has made our weeds very happy- making pulling out all those onions that much harder- great to have the help of volunteers to do it. The onions are curing in the barn until they are ready to be eaten by all of you!

This week the Sidwell service learning summer camp was here helping us weed, trim the beets and harvest beans. They have been coming for the last few years and will return a few more times this summer- it's great to have groups that return each year that are committed to our work and mission.

**Farm Tour, Sat. July 25<sup>th</sup> 10am-3pm** Join us for interpretive field walks (on the hour) and family friendly tours (on the half hour). Bring your friends and family! Free! Red Wiggler Produce & local honey will be for sale.

**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.**

### **Storing Your Tomatoes**

To preserve the flavor and texture, store your tomatoes on the counter, out of direct sunlight, not in the fridge. If your tomatoes seem to be headed for overripe then by all means, pop them in the fridge—or eat them immediately.

### **Cherry Tomatoes!**

We grow so many cherry tomatoes because 1) they are delicious and 2) they are great for the purposes of our farm. They are great for large groups of volunteers and basically everyone who visits the farm is able to pick them- younger groups, older groups and our growers. So they'll keep coming! Eat them raw or sauté them whole in garlic and olive oil and toss with parmesan in pasta! Look out for these tasty varieties in your share:

**Sweet 100:** Small red variety with a classic cherry tomato flavor.

**Sungold:** Orange variety. Very sweet, sometimes tangy. Always a pleaser!

**Black Cherry:** Larger purple variety. And heirloom tomato, very similar to a Cherokee tomato. Delicious and juicy with a less sweet, earthy flavor.

**Yellow minis:** Yellow variety. A milder but still sweet cherry tomato. They should be truly yellow when eaten- so let them ripen completely!

## Recipes

### Herb Infused Popsicles!

Combine whatever ingredients sounds good to you in a blender with ice. Blend until smooth and pour into reusable popsicle molds and freeze. Don't have popsicle molds? Use a dixie cups or plastic cups, add popsicle sticks once they have begun to freeze but are still slushy. Add yogurt for a creamier popsicle. Here are two refreshing fruit & herb combinations:

#### Strawberry Balsamic Basil Popsicles

1 cup chopped strawberries  
6-8 large basil leaves  
1 cup of ice  
1/2 cup cold water  
2 tbsp honey  
1 tbsp balsamic vinegar



#### Watermelon Lime Cilantro Popsicle

3 c. cubed seeded watermelon  
1 tbsp honey  
3 tbsp fresh lime juice  
1 tbsp chopped fresh cilantro



### Super Simple Summer vegetable Ratatouille

*Serves 4*

1 medium eggplant- cubed  
1 medium summer squash, sliced into rounds  
1 large carrots, sliced into rounds  
1/2 cup diced onions  
2 cloves green garlic

1 medium tomato  
1/4 cup fresh basil, thinly sliced  
2 tbsp fresh oregano, chopped  
1 cup tomato sauce (store bought is fine!)  
4 tbsp Olive Oil

Sauté garlic and onions in 2 tbsp of olive oil. Add carrots and a dash of salt and sauté for 5 minutes, until the carrots have just begun to soften. Add the rest of the olive oil, summer squash and eggplant. Sauté for another 4 minutes or so. Add the tomato, tomato sauce, oregano and basil. Cover and let simmer for 7 or 8 minutes or until squash and eggplant is just soft, not mushy. **\*\*It's important not to overcook the vegetables so you maintain the fresh individual flavors of each veggie.**

Serve warm as a side dish, over quinoa or pasta.