

Summer 3
July 22 & 25, 2015

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Beets/Chard
Sweet Peppers/
Zucchini/ Yellow
Squash /Eggplant
Cherry Tomatoes
Large tomatoes
Heirloom Tomatoes
Hot Pepper
Adirondack or
purple Viking
potatoes

In the PYO:

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

Save the Date!

8/8 Food
Preservation
Workshop

8/29 CSA Member
Potluck

9/12 Harvest
Celebration & Silent
Auction

10/3 Family
Cooking Workshop

Farm Tour is THIS Saturday! Interpretive field walks on the hour, family friendly tours on the half hour. Kid's activities, produce and honey sales all day! Bring your friends and family to learn more about the farm, purchase some extra veggies, or even have a picnic!

Here's a little peak into the farm through the eyes of Deji, one of our fabulous interns this summer:

"My name is Deji Edmonds and this summer is my first time working on a farm, more specifically, at Red Wiggler. I am currently a student at Montgomery College. I heard about this intern opportunity from a program that I am involved with at my school called, Future Link.

Since I began in June, I've already seen and done many new tasks that were unfamiliar to me prior to my time here, like pulling weeds and harvesting vegetables. These and other jobs have shown me that it takes a good work ethic to be a farmer. Being in the field's everyday requires strength and patience.



*Nuno (L) and Ayodeji (R)
planting tomatoes.*

Most days, we finish our outdoor work between 2:00-3:00pm. I remember a One day, earlier in the season, 5 of us, including a Grower, 2 staff members and another intern, were here well into the 5 o'clock hour, on a hot day. We had to plant squash seeds and it needed to be done that day because we had a busy week ahead. That bit of extra time spent was necessary for us to get the job done, even if one was really looking forward to leaving almost two hours before.

I have come to respect and appreciate vegetables and farm life more, since I've been here. This internship has given me a different perspective of what it's like to be a farmer. I thank the people at Future Link for finding this place, and everyone at Red Wiggler for having me."

Heirloom Tomatoes! Heirloom tomatoes are varieties of tomatoes that have been around for at least 50 years and are open pollinated (by insects, birds, wind and other natural occurrences). Their seeds have been passed down in families and communities for generations and have become well adapted to distinct regions. Here are the varieties available to you this week:

- **Pink Beauty:** Pink variety. A good mix of sweet and sour bringing an original tomato flavor.
- **Striped German:** Bright yellow and red variety. Splash of colors with sweet flavor make this a great choice!
- **Black Prince:** Dark brown, red, green variety. A combination of smoky and salty flavors to compliment a unique color scheme.
- **Prudence Purple:** Pink to red variety. A large fruit with large sweetness.
- **Green Zebra:** A green tomato! Green inside and out when fully ripe. A tangy taste, good for salads.



Burst Garlic Cherry Tomatoes

Sauté 1 pint of whole **cherry tomatoes** in a pan with garlic and olive oil. Cook until the tomatoes get wrinkly and just a few begin to burst. Serve over angel hair pasta on its own or add chicken or pesto. Garnish with parm and **basil**.

Basil Roasted Eggplant with Tomatoes & Balsamic Drizzle

Serves 4

Cook & Prep Time: 30 min

- 2 large eggplants
- 1 tablespoon fresh lemon juice
- 1 teaspoon sea salt + more to taste
- 1/2 teaspoon black pepper + more to taste
- 2 – 3 tablespoons olive oil
- 1 packed cup fresh basil leaves + more for garnish
- 2 garlic cloves
- 3 – 4 large tomatoes
- 1/2 cup balsamic vinegar
- 1 tablespoon honey

Preheat your oven to 400 degrees.

Cut the ends off the eggplant and slice in half long ways. Place cut side down on a lightly greased baking sheet and roast in the oven for 10 minutes or until lightly browned.

Cut the tomatoes in thick slices. In a blender combine the lemon juice, salt pepper, olive oil, basil and garlic in a blender or food processor and blend until totally smooth. Take the eggplant out of the oven and flip over. Brush the basil mixture over top and bake again for 10 minutes or until cooked through.

Whisk together the balsamic vinegar and honey in a small sauce pot over low-medium heat. Bring to a very gentle boil and reduce the heat to the lowest setting. Continue to stir the balsamic mixture for about 10 – 12 minutes until a thicker drizzle is formed.

When the eggplant is ready, remove it from the oven and layer the cut heirlooms on top. Sprinkle with basil and a pinch of sea salt. Finish the eggplant off with a generously with the balsamic drizzle and serve.

