

***In your share:***

Onions/garlic  
Sweet Peppers/  
Zucchini/ Yellow  
Squash  
Carrots/beans  
Cherry Tomatoes  
Large tomatoes  
Heirloom Tomatoes  
Hot Pepper

***In the PYO:***

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

***Save the Date!***

**8/8** Food  
Preservation  
Workshop

**8/29** CSA Member  
Potluck

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

**10/3** Family  
Cooking Workshop

**Food Preservation Workshop!**

Saturday, August 8<sup>th</sup> 1-4pm

Feeling overwhelmed by zucchini or wishing you could have locally grown organic tomatoes in the winter? Join us and learn how to can! Learn more and register at [redwiggler.org/events](http://redwiggler.org/events).

\$35/person.



**CSA Facebook Group!** Just for you! Share recipes, ask questions or post interesting “foodie” articles. We’re looking forward to seeing how people use it! Find the group on the Red Wiggler Facebook page.

**Craving more veggies?** Extra veggies will be for sale this week (tomatoes, squash, potatoes, beets, carrots, garlic & onions). We’d also love to see you at our farm stand at Leisure World every Thursday 9-11am, July 30-Aug 27. Interfaith Chapel at Leisure World, 3680 South Leisure World Blvd. Silver Spring, MD 20906.

**20K Match**

Help us raise \$10,000 by Friday, July 31<sup>st</sup>. The \$10,000 will be matched dollar for dollar by The Morris and Gwendolyn Cafritz Foundation, meaning that we will raise a total of \$20,000!

Contribute if you can. \$10 or \$1000, no amount is too little. Donate at [redwiggler.org/donateonline](http://redwiggler.org/donateonline)

**Squash Pasta**

Molly here, CSA coordinator. I have always been skeptical of the squash or zucchini pasta idea, but I have tried it a few times over the last few weeks, and, I gotta say, I love it. I purchased a simple Spiralizer (Amazon, \$14) although you could also use a mandolin. After I’ve spiralized the “pasta” I steam or sauté it

and top it with garlicky veggies or pasta sauce & cheese. I can barely taste the difference and it definitely beats whole wheat pasta! Healthier, lighter, local, organic.

## Recipes

### **Mini Zucchini “Pizzas”** *Thanks to CSA member and RW Volunteer, Claire, for the inspiration!*

1 tbs Olive Oil  
3 medium zucchini, cut into ¼-inch thick rounds  
Salt and pepper  
2 medium tomatoes, diced  
½ cup grated mozzarella  
1/3 cup chopped fresh basil  
Optional: mini pepperoni or sausage

Preheat oven to 400 degrees. Heat olive oil in a large skillet over medium heat, working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper to taste.

Place zucchini rounds onto a large baking sheet. Top each zucchini round with tomatoes and cheese (and pepperoni or sausage if desired). Place into oven and cook until cheese has melted- 2-3 minutes. Sprinkle with basil and serve immediately!



### **Vegetable Fajitas**

2 tbs olive oil  
2 large sweet peppers, stemmed, cored, thinly sliced  
2 medium onions, thinly sliced  
1 yellow squash peeled and cut into 3 inch matchsticks  
½ tbs fresh oregano

1 tsp cumin  
¼ cup fresh chopped cilantro  
½ teaspoon salt  
1 lime  
Tortillas  
Optional: 1 hot pepper seeded and diced and shredded & cooked chicken or pork

In a large skillet, heat the olive oil and sauté the onions. After a few minutes, add the peppers, squash, salt, oregano, and cumin. Cook until slightly charred and softened, about 7 minutes.

Remove from heat and serve in tortillas. Top with fresh cilantro & a squeeze of lime (and anything else you want!).