

Summer 5
Aug. 5 & 8 2015

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

potatoes - German
butterball
sweet peppers/
cucumbers/
squash/zucchini
hot peppers
garlic/onions
red tomatoes
heirloom tomatoes
cherry tomatoes

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

Farm happenings:

We hope you have been loving all of the beans and cucumbers! This has been a great year for both. Beans are especially great when we have volunteers who can spend the morning picking side by side with our growers. And it's so great to have so many cucumbers- we haven't always been so lucky.

It may be the first week of August but we've got Fall on the mind! Last week we planted Brussel sprouts, cabbage and broccoli in the fields- here's hoping the groundhogs lay off! We also have a greenhouse full of kale and collard seedlings. Until they are ready- we can all keep savoring the bounty of summer veggies- especially cucumbers- it's been a great year for cucumbers!

There are still a few spots left in the Food Preservation Workshop!

Saturday, August 8th 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. \$35/person.

Get your tickets to the Harvest Celebration & Silent Auction!

We hope to see many of you at our 20th Annual Harvest Celebration & Silent Auction on September 12th! Enjoy live bluegrass, food trucks, local beer and wine while we celebrate our 20th growing season and honor the work of our growers, volunteers, and supporters. Tickets on sale now! Also consider donating to the Silent Auction!

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.



Be sure to join the CSA FB group!

<https://www.facebook.com/groups/RWCFCSA/>

Recipes

Summer Gratin

1 tbsp. olive oil
1 ½ cup diced onion
1 ½ teaspoon minced garlic
1 medium zucchini thinly sliced
1 medium yellow squash thinly sliced

2 medium potatoes thinly sliced
3 medium tomatoes, thinly sliced
1 cup shredded Italian cheese blend
1 tbsp. chopped fresh oregano
1 tbsp. chopped fresh parsley

Preheat your oven to 400 degrees F. Sauté onions and garlic in olive oil in a skillet. Spread the onion and garlic mixture in the bottom of a casserole dish sprayed with cooking spray. Evenly arrange the vegetable slices vertically in the casserole dish, alternating vegetables. Sprinkle with desired amount of salt, pepper and fresh herbs. Cover with aluminum foil and bake for 30 minutes. Remove aluminum foil. Sprinkle with Italian cheese blend. Return to oven and bake an additional 15 minutes (uncovered), or until cheese is browned.



Alton Brown's Bread and Butter Refrigerator Pickles

1/2 onion, thinly sliced
2 medium cucumbers, thinly sliced
1 cup water
1 cup cider vinegar
1 1/2 cups sugar

Pinch kosher salt
1/2 teaspoon mustard seeds
1/2 teaspoon turmeric
1/2 teaspoon celery seeds
1/2 teaspoon pickling spice

Combine onion and cucumber slices in a clean spring-top jar. Combine the remaining ingredients in a non-reactive saucepan and bring to a boil. Simmer for 4 full minutes to wake up the flavors of the spices. Slowly pour the hot pickling liquid over the onion and cucumber slice, completely filling the jar. Allow the pickles to cool to room temperature before topping off with any remaining pickling liquid. Refrigerate. Refrigerate the pickles for a week to ripen. They will keep for about 2 months in the refrigerator.