

Summer 5
Aug. 5 & 8 2015

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Chard/Beets
Garlic/onions
Summer
Squash/Cucumber
/ Pepper
Hot Peppers
Green Tomatoes
Red Tomatoes
Sweet Peppers
Cherry Tomatoes

In the PYO:

Nasturtiums
Bachelor Buttons
Mint, Sage,
Winter Savory,
Basil, Parsley,
Snapdragons,
Zinnias,
Wildflowers,
Cilantro, Dill,
Celosia, Aster
Strawflower,
Cleome, Cosmos
Joe Pye Weed
Calendula, Mexican
Sun Flowers,
Scabiosa

**Additional
veggies
available for
purchase this
week!**

Save the Date!

9/12 Harvest
Celebration & Silent
Auction

10/3 Family
Cooking Workshop

About your share

This week's share has more ground cherries and green tomatoes! Two things that can be a little perplexing, so here's some info to help you enjoy the items:

Ground cherries are a common bush berry in parts of South America and Africa and actually grow very well in our climate. They are related to the tomatillo, hence the papery husk, and taste like a cherry tomato mixed with a pineapple. They're a little different but delicious! Give them a try raw as a snack or cooked in a dessert (like the a Ground Cherry Clafoutis on the FB group or added to a peach pie or crumble) or in salsa.

Green tomatoes are in your share this week because we are pulling up the first planting of tomatoes to make room for our first planting of daikon radishes. The daikons, used as a no-till cover crop method, have long tap roots which keeps the soil from compacting and draws up nitrogen to the top of the soil making the spring's early plantings of beets and carrots super happy.

So what can you do with them? Try making a relish, pickling them or making some crispy fried green tomatoes!

Donate a dessert for the 20th Annual Harvest Celebration & Silent Auction

Each year we ask our CSA members to provide the dessert for our annual event. And each year we receive delicious donations! We are looking for finger food type desserts, approximately 20 individual servings (20 brownies, 20 cookies, etc). If you are able, please sign up when you pick-up your share this week. Vegan and gluten free options are great!

CSA Potluck August 29, 5:30-7:30pm

Let's all gather together at the farm to share the season's bounty and enjoy one of the last nights of the summer. Bring a dish to share highlighting some of your RWCF veggies. Red Wiggler will supply the drinks. We know there are lots of fabulous chefs out there in the CSA community so there will surely be some delicious food! This is a chance for the entire RWCF CSA community to get together so we're looking forward to seeing folks from the spring share who have taken a break for the summer as well as meeting some folks who will be joining us for the first time for the fall share! Kids, Frisbees and blankets are all welcome! Please RSVP by Saturday August 22.

Recipes

Here's a favorite 2-part recipe from Andrea, RWCF Farm Manager, from the *D.I.Y. Delicious* cookbook.

Potato Salad with Spicy Pickled Green Beans and Hard-Cooked Eggs

4 large hard-boiled eggs
1 ½ pound potatoes
1 small red onion, thinly sliced
1 bunch radishes, halved and thinly sliced
1 celery rib, cut in half lengthwise and thinly sliced on the diagonal

1 ½ cup Spicy Pickled Green Beans, cut into 1-inch length, juices reserved (recipe below)
¼ cup chopped fresh flat-leaf parsley
1 tbsp snipped fresh chives
1 tbsp chopped fresh dill
¼ cup olive oil
Salt



Wash the potatoes, leaving them unpeeled. In a vegetable steamer over medium-high heat, steam them until tender, about 15 minutes. Remove them from the steamer and let them cool slightly. Cut the potatoes into bite-sized pieces and put them in a large salad bowl. Add the onion, radishes, celery, green beans, and herbs. Peel the eggs and cut them into ½ inch pieces. Add them to the bowl. Toss and add the oil, season with salt and pepper, and add pickle juice to taste. Serve immediately, or within 2 hours at room temperature. This salad tastes best if it's consumed the day it is made and never refrigerated. If you must make it ahead, it will keep, refrigerated, for up to 5 days. Remove from the refrigerator 30 minutes before serving and taste and adjust the salt and pepper.

Spicy Pickled Green Beans

1 lb green beans, stems snapped off and left whole
2 fresh mild red chiles (such as fresno) quartered lengthwise and seeded
2 garlic cloves, thinly sliced

3 or 4 sprigs fresh dill
1 1/3 cups distilled white vinegar
1 tbsp sugar
2 teaspoons kosher salt
1 teaspoon yellow mustard seeds

Sterilize a 1 quart mason jar and its lid with boiling water or in the dishwasher. Let air dry. Pack the green beans, chiles, garlic, and dill into the jar in alternating layers distributing them evenly. In a small saucepan over medium heat, bring 2/3 cup water, the vinegar, sugar, salt, and mustard seeds to a boil. Stir to dissolve the sugar, and let the mixture boil for 5 minutes. Pour the hot liquid over the green beans, fasten the lid, and refrigerate. Let it sit for 3 days to blend the flavors. The beans will remain crisp with flavors of the spices evident. The pickled green beans will keep, refrigerated, for several weeks.