

Summer 8  
Aug. 26 & 29 2015

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

***In your share:***

Heirloom Tomatoes  
Onions/Garlic  
Cucumbers/Eggplant  
/Squash/  
Zucchini Ground  
Cherries/Cherry  
Tomatoes/  
Tomatillos  
Hot Peppers

***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  
Mexican Mint  
Marigold  
Mexican  
Sunflowers

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

***Save the Date!***

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

**10/3** Family Cooking  
Workshop

## **CSA Potluck this Saturday! 5:30pm**

Bring a dish and your family and join us for an evening of delicious eats, getting to know each other and a beautiful evening on the farm. CSA members from all 3 sessions are invited. **BYOB!**

**Please RSVP by Thursday, 8/27 online!**

**Hope to see you there!**

### **Farm News**

The theme of the week is tomatoes! The heirlooms are at their peak and looking GOURGEOUS! A crew of our Growers delivered 333 lbs of tomatoes to the ARC of Montgomery County (will be distributed to group homes) and Manna Food Bank on Tuesday. Nice to be able to share the bounty. We expect to have abundant tomatoes for the next 2 weeks so now is the time to buy extra 2nds if you want to freeze or can. We'll be selling them at a bulk discount.

This week we say goodbye to Matt Gardine-our Field and Facilities Manager for the past 3 years. He's moving on to bigger and better things (including parenthood!). He arrived just after we completed the new building and really took on the needs of a much larger farm, with more tools, more tractors, more staff. Matt has been key in Red Wiggler beginning to use both the roller/crimper and the G tractor. He has created strong friendships with Growers, staff and volunteers and has an energy that keeps many motivated in the field. We'll miss him and hope he won't be a stranger.



### **20<sup>th</sup> Annual Harvest Celebration & Silent Auction 9/12 4-7pm**

Please join us as we celebrate 20 years, acknowledge our Growers, volunteers, and supporters, enjoy local beer, wine and food truck fair (with RWCF veggies!) and raise money for the future.

The Silent Auction list is getting good: A house on Hilton Head, Redskins vs. Cowboys tickets, Strathmore tickets, lots of crafts made by our community (including many of you!) and many gift certificates to local restaurants. Tickets are selling fast!

***CSA Members: We have a tradition of asking you for desserts for the***

*event- we hope you will consider donating again! Sign-up next to the sign-in sheet at your next pick-up.*

## Different options for storing tomatoes

Storing tomatoes now means that you can have the loveliest tomatoes of the year all year long. Nothing beats and freshly picked, just ripened heirloom tomato- but even preserved and eating in the winter is delicious! Far better than canned or even the ones you find in the grocery in December.

Here are your options:

- 1) **Simple Freeze:** The easiest option. Rinse and, if using seconds, cut off any bad portions. Cut an x on the bottom of each tomato. Submerge in boiling water for a 2 minutes or so. Transfer to ice bath, peel, slice coarsely, pack in zip lock bag and freeze! If you don't mind the skin, you don't even have to boil them. Just chop and freeze (this is Andrea's method)!
- 2) **Sauce!:** Inspiration for sauce recipes are abundant on the internet- but you know the basics: tomatoes, garlic, onion, salt, pepper. Add things are you wish (merlot, ground beef, spices). Cook down to a consistency you like and then either freeze in zip lock bags or can!
- 3) **Oven "Sundried" Tomatoes:** Great for plum, smaller or cherry tomatoes. Not great for heirlooms. Rinse, slice in halves or quarters- depending on size. If they are particularly juicy- squeeze out some of the juice. Lay them out on cookie sheet- with plenty of room between each one. Brush with olive oil. Place in a 200 degree oven for 5-6 hours, checking from time- to -time. Once they are dried, remove them and allow to dry. Transfer into a clean jar, add salt and pepper and garlic and spices if you wish. Cover tomatoes thoroughly with olive oil. These will last in your fridge for a 4 months or so as long as they are always covered in oil.
- 4) **Canning or lacto fermenting:** Find a tried and true recipe online and you'll have tomatoes (and fridge and freezer space) all year long! Takes a little more work, but definitely worth it!

## Stone Fruit and Tomato Salad

By Whole Foods

2 stone fruits such as nectarines, plums, peaches or apricots, halved and thinly sliced

1 large tomato, halved and thinly sliced

12 oz of burrata or fresh mozzarella cheese

½ teaspoon coarse sea salt

¼ teaspoon ground black pepper

1/3 cup loosely packed sliced fresh basil

2 tbsp chopped fresh chives

1 ½ tbsp. balsamic vinegar



On a large round or oval platter, alternate slices of stone fruit and tomato in concentric circles. Place cheese in the middle to slice and serve alongside the tomatoes and stone fruit as you go. Sprinkle with salt and pepper. Top with basil and chives and drizzle with vinegar. Serve immediately.