

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 1

July 11 & 15

IN THE SHARE

"/" indicates a choice

- Fennel/Kohlrabi/
Turnips
- Carrots/ Beans
- Cucumbers/ Squash
- Eggplant
- Cherry Tomatoes
- Onions
- Chard/ Beets
- Sweet Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro,
Oregano, Hyssop,
Lovage, Mint, Sage,
Thyme, Lavender

ORANGE:

Coneflower, Celosia,
Nasturtiums,
Gomphrena, Marigold,
Snapdragons, Oregano,
Statice, Sunflower,
Pincushion, Sunflower,
Calendula, Basil,
Parsley

PINK:

Zinnias

YELLOW:

Marigolds,
Coneflower,
Snapdragon, Winter
Savory, Borage,
Yarrow, Sage

PURPLE (top of field):

Yarrow, Wildflowers

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

Upcoming Events:

Montgomery County Farm Tour & Harvest Sale 7/22 10am-3pm (Free!)
Fermentation for Beginners 8/12, 10:30am-12:30pm

Welcome to the Summer CSA!

We are looking forward to having a great session and seeing everyone on the farm each week! Throughout the session, the weekly newsletter will provide important information, tips, news about upcoming events, and recipes. If you have any questions or concerns at any point please feel free to ask at your pick-up or email CSA@redwiggler.org.

Farm Notes:

We're excited to get the Summer CSA off to a start. We've been busy harvesting the veggies for your share and trying not to eat all the cherry tomatoes before you arrive (just kidding!).

This week we began harvesting the storage onions with the help of students from Fox Chapel Elementary School in Germantown (they also receive food from us via Manna Food Center). They will cure on racks in the barn for a few weeks before being included in your share. The curing is what makes them storage onions as opposed to refrigerator onions which don't have as long of a shelf life.

IMPORTANT NOTE FOR SATURDAY CSA MEMBERS: The Farm Tour next Saturday 7/22 conflicts with your pick-up. While vegetables will be available for the entire pick-up window of 9am-12pm, we encourage you to come early. Please note that at 9:45am the PYO area will close and any cars arriving after that time will need to park farther up our driveway behind the solar house. We are sorry for the inconvenience and appreciate your understanding. It will be a fun event and we hope you'll join us for some games, tours and live music 10am-3pm!

PYO HOW-TO REMINDER:

The Pick-Your-Own is full of bright, summery herbs and colorful flowers. We hope you will spend sometime out there each week! Here are the basics:

- PYO areas are just outside the barn, just inside the fence, and one is at the top of the field. Each area is indicated with a tall colored flag.
- The small blue flags indicate what is available to pick.
- Pick as much as you will use keeping in mind that other people are also there to pick.
- Questions? Need help finding something? Just ask any of us in Red Wiggler shirts!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Green Bean Salad with Basil, Balsamic, and Parmesan Yields 6 Servings **Veg, GF**

http://www.simplyrecipes.com/recipes/green_bean_salad_with_basil_balsamic_and_parmesan/

1/2 pounds trimmed green (or purple!) beans,
cut to 2 to 3 inch long pieces
Salt
1/2 cup finely chopped red onion (or shallots)
2 Tbsp balsamic vinegar

4 Tbsp olive oil
3/4 cup chopped fresh basil leaves
3/4 cup freshly grated Parmesan cheese (about
1 1/2 ounces)
Freshly ground black pepper



Soak chopped onions in water: Place the chopped onions in a small bowl of water. This will help take the edge off the onions. Let sit while you prepare the rest of the salad.

Blanch the green beans: Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water). Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp.

Fresh young beans should cook quickly. Older, tougher beans may take longer.

While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water to the ice water to stop the cooking.

Drain the green beans and the red onions.

4 Toss with red onion, balsamic, Parmesan: Place the green beans, red onion, and chopped basil in a large bowl. Sprinkle in the olive oil, toss to coat. Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper.

Chill until ready to serve.

Marinated Zucchini Salad, GF, DF, Veg.

NYTimes Cooking, Martha Rose Shulman, Serves 4

“Raw zucchini can be a dull ingredient, but when it’s very thinly sliced it marinates beautifully, especially in lemon juice. I like to use a mixture of green and yellow squash here. Assemble this dish at least four hours before you wish to serve it, so that the squash has time to soften and soak up the lemony marinade.”- Shulman

1 pound medium or small zucchini, preferably a
mix of green and yellow
Salt to taste
3 tablespoons freshly squeezed lemon juice

1 garlic clove, crushed
3 tablespoons extra virgin olive oil
2 tablespoons finely chopped parsley, mint,
chives, dill or a combination



Slice the squash as thinly as you can. Sprinkle with salt, preferably kosher salt, and let sit for 15 to 30 minutes. Rinse and drain on paper towels.

Mix together the lemon juice, garlic and olive oil. Toss with the zucchini. Season with salt and pepper. Cover and refrigerate for four to six hours. Remove from the refrigerator, and remove the garlic clove. Add the fresh herbs, and toss together. Taste, adjust seasoning and serve.