

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 1
July 6 & 9

IN THE SHARE

- Carrots/Beans
- Chard/Beets
- Summer
Squash/Zucchini
- Green Garlic/Garlic
Scapes
- Kohlrabi/Radishes/
Fennel

PICK-YOUR-OWN RED:

Oregano
Anise Hyssop, Dill,
nasturtiums,
gomphrena

ORANGE:

Sorrel, Coneflower,
Celosia, gomphrena,
strawflower, statice

BROWN:

Fever few, Anise
Hyssop, coneflower,
borage, bee balm

PINK:

Bachelor Buttons,
gomphrena, zinnias,
snapdragons

YELLOW:

Winter Savory,
Parsley, salvia, yarrow,
gomphrena

PURPLE:

Yarrow, Wildflowers

Welcome to the first week of the Summer CSA! We hope you had a fun July 4th. Here are a few reminders for your first week:

1. Bring bags each week.
2. Always clean your veggies before preparing them.
3. Please do not bring dogs, on or off leash, to your pick-up.
4. We have a CSA FB page! Search "Red Wiggler CSA" and request to join. Certainly not required but a great way to ask questions, share recipes and check out what other people are doing with their veggies.



Pick-Your-Own

Those beautiful summer flowers you have been dreaming about are finally ready in the PYO! Each PYO area is indicated by a tall colored flag. Within each area, the small blue flags indicate what is ready to be picked. As you pick, please keep in mind that the PYO is for all customers to enjoy.

Garlic Harvest

We're harvesting garlic this week! It's always a highlight of the summer especially since the process of growing garlic is a long one meaning lots of anticipation! The garlic was planted in November of last fall and then heavily mulched for the winter. Like a bulb flower, the garlic needs the colder months under ground to develop strong roots. After 9 months in the ground, yesterday we pulled the bulbs out of the ground. The next step is to hang them to dry in the lower barn. What we call "storage garlic" will make it to your shares later in the summer. This week you will have a choice of green garlic or garlic scapes. Green garlic is bulbs or cloves that are just not high enough quality to dry but still great for cooking. They are best taken home, refrigerated and used quickly.

Upcoming Events:

**Montgomery
County Farm
Tour &
Harvest Sale
July 23rd 10-
3pm**

Tours, games,
live music,
farm stand.
Great for all &
free!

**Cheers for
Charity Wine
Tasting at
Dawson's
Market
July 30th 5-
8pm**

Proceeds
benefit Red
Wiggler!

More info at
[redwiggler.
org/events](http://redwiggler.org/events)



Veggie Fact: Summer Squash season is here!

Summer squash is great sautéed with onion, salt and pepper as well as pickled, added to risottos or “spiralized” and used in place of pasta. Why should you eat it? Besides being delicious, summer squash is high in Vitamin C, Vitamin B, fiber and manganese.

Recipes

Greek Stewed Green Beans and Yellow Squash with Tomatoes *by Martha Rose Shulman, found in the NYTIMES*

3 tbsp extra virgin olive oil	1 (14 oz) can chopped tomatoes, or 1 ½ cups peeled chopped tomatoes
1 large onion, chopped	Salt and freshly ground pepper to taste
2 large garlic cloves minces	¼ cup chopped fresh mint, parsley or dill
1 lb fresh string beans , trimmed	1-2 tbsp fresh lemon juice
¾ lb yellow squash (3 medium) sliced	

Step 1

Heat 2 tbsp of the olive oil in a wide, covered skillet or Dutch oven over medium heat, and add the onion. Cook, stirring, until tender and translucent, five to eight minutes. Add the garlic and cook, stirring, for another minute until fragrant. Stir in the green beans, squash and remaining oil. Stir together for a few minutes, then add the tomatoes and ½ cup water. Bring to a simmer, then add salt and freshly ground pepper.

Step 2

Cover and simmer 30 minutes until the beans are tender and mixture is a stew-like. Add the herbs, and simmer for another 5-10 minutes. Add lemon juice if desired. Taste, and adjust seasonings with salt and pepper. Serve hot or at room temperature.

Swiss Chard and Onion Frittata Serves 4

1 bunch Swiss chard	10 cherry tomatoes, halved
4 Tbs. olive oil	¼ cup chopped parsley
2 onions, thinly sliced (bulb and thick part of stem)	4 cloves garlic, finely chopped
Salt and freshly ground black pepper	1/4 cup grated hard cheese, such as Parmesan (optional)
6 large eggs	Pinch of cayenne pepper

Preheat the oven to 350 degrees. De-stem and chop chard roughly. In a large frying pan over medium heat, warm 2 tablespoons of the olive oil. Add the onions and sauté until tender. Add the chard and tomatoes. Sauté until tender, 2 to 3 minutes. Transfer to a plate. Set aside.

In a large bowl, lightly beat the eggs with the garlic and cheese. Season with the cayenne, salt and black pepper. Gently squeeze the liquid from the chard and stir in the egg mixture. Add the parsley. In an 8-inch ovenproof fry pan over medium-high heat, warm the remaining 2 tablespoons of olive oil. Add the egg mixture, reduce the heat to medium and cook until the eggs are set around the edges, about 5 minutes. Transfer pan to the oven and cook until set, 7 to 9 minutes longer. Let cool briefly.