

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 2

July 19 & 22

## IN THE SHARE

"/" indicates a choice

- Carrots/ Beans
- Cucumbers/ Squash/ Zucchini
- Potatoes
- Cherry Tomatoes
- Onions
- Chard/ Beets

## 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

## THIS SATURDAY: FARM TOUR 10-3!

Join us for tours (specific themes on website), live music, a sprinkler, farm stand, lawn games, and more!

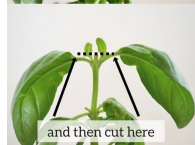
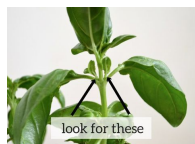
**Saturday Members: Come early! PYO closes at 9:45. After that time, all parking will be behind the Solar House.**

## Farm Notes:

We're grateful for the rain the last few days but not looking forward to this weekends sweltering days forecasted!

Mid-July is here which means we're spending our days harvesting tomatoes, squash, beans, beets, carrots and more. Our hardworking group of crew leaders & interns makes it easier to split up and have many groups working all over the farm simultaneously which breaks up the day a little more.

We have several volunteers with disabilities joining us in the fields these days. Working with our crew and their job coaches they learn how to harvest beans, among other things, choosing the ones that are ready, carefully leaving the ones that are still too small, placing them in the basket, and checking the area thoroughly before moving on down the row. We're happy to be able to accommodate these young people and watch them grow in their roles here at Red Wiggler!



## So much in the PYO!

Take some time this week to pick! Harvesting helps plants grow back so get yourself a bunch of herbs and a nice bouquet of flowers! This is an especially great time to pick basil. Use the graphic to left learn how to cut basil in a way that encourages further growth on the plant.

## Good to know:

Darling little borage flowers are available in the yellow PYO. They have a slight cucumber flavor and are fun frozen in cubes then added to a cocktail. Borage is great for skin health.

## Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

### Layered Vegetable Torte NYTimes.com, Mark Bittman, Serves 4-6 Veg

1 large **eggplant**, cut into 1/4-inch slices  
4 medium **zucchini or yellow squash**, cut into 1/4-inch slices  
2 portobello mushrooms, cut into 1/4-inch slices  
½ cup extra virgin olive oil, or more as needed  
Salt

freshly ground black pepper  
2 medium **tomatoes**, cut into 1/4-inch slices  
2 tablespoons minced garlic  
¼ cup chopped fresh **basil** leaves  
¼ cup freshly grated Parmesan  
½ cup bread crumbs, preferably fresh



Heat oven to 400 degrees. Put a grill pan over medium-high heat, or prepare a grill; the heat should be medium-high, and the rack about 4 inches from flame. Brush eggplant, zucchini and mushrooms lightly with half the oil and sprinkle with salt and pepper; if roasting, grease 2 baking sheets with oil. Roast or grill vegetables on both sides until soft. Coat bottom and sides of 8-inch springform pan with oil. Layer a third of the eggplant slices into bottom of the pan, then layer in half the zucchini, mushrooms, tomato, garlic and basil, sprinkling each layer with a bit of salt and pepper. Repeat layers until all vegetable are used. Press the top with a spatula or spoon to make the torte as compact as possible. Sprinkle top with Parmesan and bread crumbs, and drizzle with about 1 tablespoon oil. Bake torte in oven until hot throughout and browned on top, about 30 minutes. Let sit for 5 minutes before removing outer ring of pan, then let cool for another 10 minutes before cutting into wedges.

### Beet & Goat Cheese Pizza Earlymorningfarm.com Veg

1 bunch of **beets with greens** (can substitute ½ bunch **chard** for the greens)  
1 clove garlic, minced  
olive oil  
1 tsp apple cider vinegar  
salt + Pepper  
8 oz fresh mozzarella, sliced or torn into small chunks  
2 oz crumbled goat cheese



Purchase or make the crust (<http://www.epicurious.com/recipes/food/views/pizza-dough-237338>). Cook beets: Wash and remove tops and bottoms. (Reserve greens) Rub with olive oil, salt + pepper and bake wrapped in foil for about an hour until a fork easily pokes through. Cool, remove skins, and thinly slice.

Cook greens: Thoroughly wash greens in several batches of cold water. Chop into fine shreds. Heat one tablespoon of olive oil over medium heat, add garlic, let it sizzle for a minute then add washed greens and vinegar. Cook stirring often until greens are tender and wilted about 5 minutes.

Assemble pizza: Preheat oven to 450F. Roll pizza dough into 1 12" circle. Place onto an oiled baking sheet or pizza pan. Lay beet slices on top, scatter with greens, then mozzarella, and finish with goat cheese. Bake at 450F for 20 – 25 minutes. Sprinkle with fresh pepper, let sit 5 minutes before cutting.