

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 2

July 13 & 16

## IN THE SHARE

- Carrots/Beans
- Chard/Beets
- Summer Squash/  
Zucchini/ onions/  
sweet peppers/  
eggplant/ cucumbers
- Cherry Tomatoes
- Hot Pepper

## PICK-YOUR-OWN RED:

Oregano  
Anise Hyssop, Dill,  
nasturtiums,  
gomphrena

ORANGE: Basil,  
Sorrel, Coneflower,  
Celosia, gomphrena,  
strawflower, statice

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

PINK:  
gomphrena, zinnias,  
snapdragons

YELLOW:  
Winter Savory,  
Parsley, salvia, yarrow,  
gomphrena

GREEN:  
Dill, Cilantro

PURPLE:  
Yarrow, Wildflowers

- Remember to clean your veggies!
- Join the CSA Facebook Group! Search: "Red Wiggler CSA" and request to join.
- Please do not bring dogs, on or off leash, to your pick-up.

## Montgomery County Farm Tour & Harvest Sale

**Saturday, July 23<sup>rd</sup> 10am-3pm**

Join us for live music, lawn games, field tours and a farm stand. Free and fun for all!

**SATURDAY CSA MEMBERS:** Your pick-up, next Saturday 7/23, conflicts with the Farm Tour. Please plan to come early as the PYO portion of your share will close at 9:45am.

## Farm Notes by Intern, Allison Pereira:

### Cherry Tomato Harvest

The cherry tomatoes are here! The cherry tomatoes were planted in May and we are finally starting to see some that are ready to harvest. Right now we have Sungold's, Black Cherries, and Supersweet 100's available in pints for CSA members to enjoy.

My absolute favorite cherry tomato that I have been exposed to while working at the farm are the Sungold cherry tomatoes. Some pretty neat facts I learned about these interesting tomatoes is that they are a hybrid cultivar meaning that they were created by manually crossing parent plants in order to infuse color, generate disease resistance, and produce the intensely sweet flavor. Because of their bright tangerine orange color they are best used for salads, skewers, and party trays! They are also delicious sautéed, grilled, or stewed, and they can be used in nearly any recipe, hot or cold, that calls for cherry tomatoes.

Remember to store all varieties of cherry tomatoes at room temperature for two to three days, away from direct sunlight, until ready to use. Refrigeration can then be used to prevent further ripening and slow the process of decay.

## T-Shirts for Sale!

We have new Red Wiggler T-Shirts! This year's color is stone grey. We also have plenty more red and a few brown left over. All organic cotton, printed locally. \$25/each. We'll have them at CSA pick-ups for the next few weeks.



**RED WIGGLER**  
COMMUNITY FARM

# Recipes

## **Sungold Pasta** *by Mario Batali*

4 tbsp extra-virgin olive oil, divided  
8 oz. Sun Gold or Cherry Tomatoes  
2 garlic cloves, thinly sliced  
¼ tsp crushed red pepper flakes  
Kosher salt

6 oz capellini, spaghetti or bucatini pasta  
¾ cup finely grated Pecorino or Parmesan cheese  
8 medium basil leaves, torn into pieces  
Toasted breadcrumbs (for garnish, optional)

Heat 3 tablespoons oil in a large skillet over medium heat. Add tomatoes, garlic, and red pepper flakes, season with salt, and cook, covered slightly and swirling pan often, until tomatoes blister and burst, 10-12 minutes. Press down on tomatoes to release their juices. Remove pan from heat and set aside.

Meanwhile, bring 3 quarts water to a boil in a 5 quart pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain pasta, reserving 1 cup pasta cooking water.

Transfer pasta to skillet with tomatoes; set over high heat. Add 1/2 cup pasta water. Cook, stirring and tossing often, until sauce thickens and begins to coat the pasta, about 1 minute. Stir in remaining oil, cheese, and half the basil and toss until sauce coats pasta and pasta is al dente. (Add more pasta water if sauce seems dry.) Add remaining basil, season with salt, and serve with breadcrumbs, if desired.

## **Beet and Yogurt Salad**

1 lb beets, boiled, cooled, peeled and sliced into bite size pieces  
½ cup greek yogurt  
1 tbsp mayonnaise

2 tsp white vinegar  
Salt to taste  
¼ cup chopped fresh dill  
½ cup sliced red onion

Combine all ingredients, mix well, chill and enjoy!

## **Grilled Eggplant Salad**

1 large eggplant  
1 plum tomato, diced (or use cherry tomatoes)  
1 ½ tsp red wine vinegar  
½ tsp kosher salt, more to taste  
½ tsp fresh oregano  
2 garlic cloves, finely chopped

3 tbsp olive oil  
3 tbsp chopped fresh parsley  
black pepper, to taste  
capers, for garnish  
Grilled pita bread, for serving

Heat grill to medium heat. Prick the eggplant all over with a fork, put in on the grill and close the cover; cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes.

When cool enough, scoop out the insides of the eggplant and coarsely chop. Transfer to a bowl and toss with tomatoes, vinegar, salt, oregano and garlic. Stir in oil and parsley; season with pepper and more salt if needed. Garnish with capers and serve with warm pita bread.