

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 4

July 26 & 30

## IN THE SHARE

- Carrots
- onions/ garlic
- sweet peppers/ eggplant/ squash
- red tomatoes
- Cherry Tomatoes
- Hot Pepper

## PICK-YOUR-OWN RED:

Oregano, Anise  
Hyssop, Nasturtiums,  
Mint, Gomphrena

ORANGE: Basil  
(Amethyst, lemon,  
Eleanora) Coneflower,  
Celosia, Gomphrena,  
Cosmos, Strawflower,  
Statice, Banana  
Peppers (limit 1),  
Sunflowers (limit 1)

BROWN:  
Fever few, Anise  
Hyssop, Coneflower,  
Borage, Bee Balm

PINK:  
Gomphrena, Zinnias,  
Snapdragons

YELLOW:  
Winter Savory,  
Parsley, Salvia,  
Yarrow, Gomphrena,  
Marigolds, strawflower

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.

## Potato Harvesting by Intern Amy

Last week we harvested potatoes, and it was so special to see them all the way through from their planting when I first started in April. A lot of thought and effort have gone into me being able to eat potatoes and pesto every day this week (yum).

Last fall, oats were planted into our potato field as a cover crop to prevent erosion and suppress weeds. Red Wiggler has also been experimenting with no-till weed control, through a process call "solarization". During my first visit to Red Wiggler, there was a large black tarp covering the field. The intention of the tarp is to trap solar energy and use it to essentially burn weeds, bacteria and insects to death, hence the name "solarization".

In April, a group of growers, volunteers, staff members and interns removed all of the rock bags and rolled up the enormous tarp covering the field. All that was left was the browned corpses of weeds--success! We had a clean surface to plant potatoes. Our field and facilities manager, Melissa, created furrows in the field for planting.

From there, we got to place and cover the potatoes together by hand! As the plants grew and made beautiful flowers, Melissa hilled them once a week. We planted buckwheat as a cover crop between the beds of potatoes, and picked off lots of Colorado Potato Beetles. We watched the plants and their pretty flowers die.

Last week Melissa mowed and plowed to make the potatoes ready to be harvested. Each grower teamed up with a partner and went into the field with a basket to carry potatoes. Some growers held baskets, others picked up potatoes. All of us at Red Wiggler were a part of getting potatoes to our CSA members. I'm loving the inclusion, and the potatoes!



## Coming up this weekend:

### "8 Stops" Produced by the Unexpected Stage Company

Friday, July 29th 7:30pm

OBIE Award-winner Deb Margolin's comedy is a solo work about the grief of endless compassion. It's about death, breasts, the private lives of animals, the suburbs, illness, desire, and a subway ride with a motherless child who Deb realizes she only has 8 stops to raise. Isn't that all the time we ever really

have...8 STOPS? Performance on July 29th benefits Red Wiggler Community Farm. Visit [redwiggler.org/events](http://redwiggler.org/events) for more information and to purchase tickets.

## Recipes

### Healthy Peppers Stuffed With Rice, Zucchini and Herbs *By Martha Rose Shulman, Serves 4*

6 medium peppers, preferably green  
2 medium zucchini (about 3/4 pound), shredded  
Salt to taste  
1/3 cup extra virgin olive oil  
2 garlic cloves, minced

1/2 cup finely chopped fresh mint  
1/4 cup chopped fresh dill or parsley  
1 scant cup uncooked medium grain rice  
Freshly ground pepper  
2 tablespoons tomato paste dissolved in 2/3 cup water  
2 tablespoons freshly squeezed lemon juice

Prepare the peppers. With a sharp paring knife, cut away the tops, then reach in and pull out the membranes and seeds.

Toss the shredded zucchini with salt and let drain in a colander for 20 minutes. Take up handfuls of zucchini and squeeze out as much liquid as possible. Transfer to a medium bowl and add the garlic, mint, parsley or dill, and rice. Season with salt and pepper. Stir in 1/4 cup of the olive oil and let sit for 10 minutes.

Meanwhile preheat the oven to 375 degrees. Oil a baking dish large enough to accommodate all of the peppers. Fill the peppers about 3/4 of the way full with the stuffing, and replace the caps. Place in the oiled baking dish. Mix together the tomato paste and water with the remaining olive oil and the lemon juice. Season to taste. Add to the baking dish. Cover the dish with foil. Place in the oven and bake 45 minutes to an hour, until the peppers are soft. Remove from the heat and allow to cool to room temperature, or serve hot. Remove the tops of the peppers and spoon the sauce in the baking dish over the rice before serving.



### Cold Tomato Salad with Anchovy Toast

*NYTIMES Serves 6*

#### FOR THE VINAIGRETTE:

1 large shallot, finely diced  
2 small garlic cloves, minced  
2 tablespoons red wine vinegar  
Pinch of salt  
Pinch of ground black pepper  
1/4 cup extra-virgin olive oil

#### FOR THE ANCHOVY TOASTS:

1 small garlic clove  
Salt

3 or 4 anchovy fillets, rinsed  
2 tablespoons olive oil  
12 baguette slices, toasted

#### FOR THE SALAD:

3 pounds ripe summer tomatoes of different colors and shapes, sliced  
Salt  
Ground black pepper  
Handful of black olives, niçoise or other  
Basil leaves for garnish

-Make the vinaigrette: Put the shallot and garlic in a small bowl. Add red wine vinegar, a pinch of salt and a pinch of pepper and macerate 5 minutes. Whisk in the olive oil and set aside.

-Make the anchovy toasts: Pound garlic to a paste with a little salt, then mash anchovy fillets into the paste. Stir in olive oil. Paint toasts lightly with anchovy mixture and set aside.

-Arrange tomatoes on a platter or in a low wide bowl. Season tomatoes with salt and pepper. Scatter olives over tomatoes. Whisk vinaigrette and spoon evenly over tomatoes. Garnish with basil leaves and anchovy toast.