

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 5

Aug 9 & 12

IN THE SHARE

Choose 8:

Purple Beans / Beets/
Cucumbers/ Squash/
Zucchini/ Cherry
Tomatoes/ Red &
Yellow Tomatoes/
Heirloom Tomatoes /
Onions/ Garlic/ Sweet
Pepper
+Everyone gets 3 Hot
Pepper

PICK-YOUR-OWN

Blue flag indicates
ready to pick.

RED:

Oregano, Hyssop,
Mint, Sage, Thyme,
Lavender

GREEN:

Cilantro

ORANGE:

Celosia, Nasturtiums,
Gomphrena, Marigold,
Snapdragons, Oregano,
Statice, Sunflowers,
Pincushion, Calendula,
Basil, Parsley, Sun
Ball

PINK:

Zinnias, Sunflowers,

YELLOW:

Marigolds,
Coneflower,
Snapdragon, Winter
Savory, Borage,
Tithonia

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.

Ask us about bulk pricing for cucumbers & tomatoes! Many other vegetables are also available for sale.



Join us THIS SATURDAY at the Fermentation for Beginners workshop.

8/12, 10:30-12:30, \$35

Learn about the basics of fermenting and take a jar home of your very own pickles to ferment and enjoy later in the season. Veggies & supplies will be provided. This should be a great class- taught by pro Rachel, co-owner of The Sweet Farm. Remember that amazing ginger beer and those pickles on a stick at last year's Harvest Celebration? Yup, it's those folks!

Space is limited so register now! <https://redwiggler.org/workshops/>

Farm Notes by Intern, Ashley

As you have heard, we are having a fantastic year for cucumbers so get them before they are gone. Now is the time to find your best pickle recipes so you can enjoy them into the fall. Besides cucumbers, we also have so many beautiful tomatoes coming in (were running out of bins to hold them all!). The rain on Monday had us racing to harvest them all before they got too big.

Monday/Wednesday/Friday's have become crazy days for us because we are harvesting hundreds of pounds of squash, tomatoes, and cucumbers. We start the harvest as soon as the morning dew dries on the plants and we work all the way until lunch! We are so grateful to all of our volunteers because their many hands make the harvest baskets *slightly* less heavy.

As you have walked through the PYO each week, you probably noticed our beautiful winter squash field spotted with some very tall sun flowers. We can see all of the winter squash coming in, but they won't be ready for harvest until September so we have to be patient.

On top of all of the harvesting, we are also planting our other fall crops such as: kale, cabbage, lettuce, chard, cauliflower, broccoli. We've been working hard this summer but we have also been having a lot of fun along the way! We hope you are enjoying your veggies and getting excited for the the fall CSA!

PYO Highlights: Basil & Sunflowers, both in the **ORANGE PYO.**

Tzatziki, Martha Rose Shulman Serves 6

2 medium slicing cucumbers
2 cups Greek yogurt
2 to 3 garlic cloves, cut in half, green shoots removed, and mashed to a paste in a mortar and pestle with 1/4 teaspoon salt

2 tablespoons chopped fresh mint (more to taste)
Salt & Freshly ground pepper
2 tablespoons extra virgin olive oil (optional)



Toss the cucumber with a generous amount of salt and leave in a colander in the sink to wilt for 15 to 30 minutes. Rinse and drain on paper towels. Beat together the yogurt, garlic, mint, salt and pepper to taste, and olive oil. Stir in the cucumbers. Adjust seasonings and serve. Can be served on it's own, on a turkey burger, with pita or with falafel.

8 Things to do with Heirloom Tomatoes

We wait for them all year long and when they are finally here we just cant get enough of them. Their flavor is so rich and just sings "summer!!". But what *to do* with all of them? Certainly you can just sprinkle them with salt devour them over the sink but there are a few other ways to enjoy their unique flavor before the season is over. For the most aesthetically pleasing and colorful meal, use different kinds of heirloom tomatoes in the same dish.

- 1) **Bruschetta:** Use the flesh only. Dice, add garlic, chopped basil, olive oil, salt and balsamic vinegar. Serve over toasted crusty bread.
- 2) **Galette:** It's like a flat pie and it's all the rage. Tons of recipes on the internet. Often they include pesto, goat cheese or fresh mozzarella. An elegant yet simple summer meal.
- 3) **Caprese Salad:** A classic. Layer tomato, basil, mozzarella or burrata, drizzle with balsamic vinegar and olive oil and sprinkle with sea salt. Eat it on it's own, over a bed of arugula or pasta, between two slices of bread or bake on top of chicken breast. You really can't go wrong.
- 4) **Tomato Sauce:** This one isn't for canning. Make a quick sauce and serve over pasta to really taste the fresh flavor.
- 5) **Broiled or Grilled:** Cut off the cap. Broil/grill flat side down for a few minutes. Turn over and pile with a mixture of parmesan cheese, bread crumbs and herbs until crispy.
- 6) **Salsa:** Chop the flesh, discard the rest. Combine with red onion, cilantro, salt and lime juice. Add a jalapeno if you desire. Serve chilled. YUM.
- 7) **Pizza:** Purchase or make your own crust (lots of easy recipes online). Pile it up with whatever you think is yummy. If you're adding basil, add after baking.
- 8) **BLT:** 2 slices of crusty bread, lettuce (or not), bacon, mayo. Bonus: toast the bread, then rub with a cut garlic clove. Or skip the BL and just enjoy a good old fashioned tomato, mayo sandwich.

