

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 5

August 3 & 6

## IN THE SHARE

- potatoes
- onions/ garlic/ sweet peppers/ eggplant/ squash
- heirloom tomatoes/ red tomatoes
- cherry tomatoes/ tomatillos, ground cherries
- hot peppers

## 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

- 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.

## Field Notes from Andrea, RWCF Farm Manager:

### Summer Bounty

The plethora of summer (and tomatoes) has hit once again and we are excited to share them with you. Sometimes we have a hard time deciding how many tomatoes to include in your share relative to other items. Each week you will receive at least 2 pounds of tomatoes. **If you are looking for more than 2 pounds in a week, then you have several options:**

- Purchase additional 1<sup>st</sup> tomatoes (heirlooms: \$4/lb, red: \$3/lb)
- Purchase discounted 2<sup>nd</sup> tomatoes (\$2/lb)
- Choose an extra pound of tomatoes instead of another equally valued item in your share, for instance: 1 head of garlic, 1 bag carrots, 1 lb squash, 1 lb onions, 1 bag of beans. We will mark items with stars that are interchangeable. Please ask the CSA staff if you have questions.



### Sweet Peppers

We have planted a few new varieties this year: Carmen (red) & Escamillo (yellow) – both of these are sweet, frying peppers and are at their best when red or yellow/orange. We will be featuring these along with the sweet Lunchbox and



Lipstick peppers, so make sure to give them a try. You may wonder why some of the tips of the frying peppers are black and look rotten. This arises when the pepper is exposed to high levels of sunlight under high temperatures. The dead tissues are only present on the side of the fruit that is exposed to sunlight. Since it is very hard to grow a perfect red, orange, or yellow sweet pepper, we will put the black tipped peppers out for you to choose (just cut the black tips off and it will be ready to eat).

### Onions!

As you can tell we have "put to bed" a lot of onions. They have been drying out since we harvested them the first week of July. The last 2 weeks, we have given out the smaller onions that will not store as long and need to be refrigerated. This week's share will feature regular storage onions that will not need to be refrigerated.

### Want Extra Veggies?

- All items at the CSA now are available for purchase.
- You can also find us on Thursday at the Inter-Faith Chapel at Leisure world through the rest of August: 3680 South Leisure World Blvd., Silver Spring, MD 20906.

**RED WIGGLER**  
COMMUNITY FARM

# Recipes

## Gazpacho sans Bread NYTimes

2 slices red or white onion  
2 lbs ripe tomatoes  
2 to 3 garlic cloves, halved, green germ removed  
2 tbsp olive oil  
1 to 2 tbsp sherry vinegar or wine vinegar (to taste)  
½ to 1 tsp sweet paprika (to taste)  
½ cup ice water

Salt and freshly ground pepper  
½ cup finely chopped cucumber  
½ cup finely chopped tomato  
½ cup finely chopped green or yellow pepper  
½ cup finely chopped celery  
Slivered fresh basil or fresh parsley for garnish



Put the onion slices in a bowl, cover with cold water and add a few drops of vinegar. Let sit for 5 minutes while you prepare the remaining ingredients. Drain and rinse with cold water. Cut in half or into smaller pieces.

Combine the tomatoes, garlic, onion, olive oil, vinegar, paprika, and salt in a blender and blend until smooth. Taste and adjust seasonings. Pour into a bowl or pitcher, thin out as desired with water, cover and chill for several hours.

Meanwhile, prepare the remaining ingredients and toss together in a large bowl. Season to taste with salt and pepper.

Spoon the chopped vegetables into soup bowls and pour or ladle in the gazpacho. Garnish with basil chiffonade or chopped fresh parsley, and serve. Try serving it with the Spoonbread recipe below!

## Jalapeno Spoonbread

1 cup water  
¾ teaspoon salt  
130 grams (1 cup) cornmeal, fine or medium, but not coarse  
2 cups milk (1 percent or 2 percent)

2 tablespoons unsalted butter  
3 eggs, separated  
Kernels from 1 ear of corn or ¾ cup frozen corn  
2 jalapeños, seeded if desired and minced  
2 ounces Gruyère cheese, grated 1/2 cup optional



Preheat the oven to 350 degrees. Oil or butter a 9- or 10-inch cast iron skillet or a 2-quart soufflé dish or baking dish.

Combine the water, milk and salt in a heavy medium saucepan and bring to a boil over medium heat. Slowly add the cornmeal in a very thin stream while stirring all the time with a whisk or a wooden spoon. Turn the heat to low and stir for 10 to 15 minutes, until the mixture is smooth and thick. Remove from the heat and stir in the butter.

One at a time, stir in the egg yolks, then add the cheese and corn kernels, and the jalapeños.

In a medium bowl or in the bowl of an electric mixer, beat the egg whites on medium until they form stiff but not dry peaks. Stir 1/4 of the egg whites into the cornmeal mixture and gently fold in the rest. Scrape into the prepared baking dish. Place in the oven and bake for 30 minutes until spoonbread is puffed and beginning to brown. Serve at once. Chill leftovers.