

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 6

Aug 16 & 19

IN THE SHARE

Potatoes!!!

Green Tomatoes

3 hot peppers

Choose 6:

-Sweet Potato Greens

-Beets/Onions/Garlic

- Cucumbers/ Patty

Pan Squash/ Sweet

Peppers

-Cherry Tomatoes/

Tomatillos/Ground

Cherries

-Red/Orange/Heirloom

Tomatoes

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

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.

Now is the time to freeze & can tomatoes! 20 pounds for \$25! Many other vegetables are also available for sale.

Farm Notes by Crew Leader, Olivia

This was a busy week as usual! On Tuesday, the rain did not stop us as we had to pull out the first planting of tomatoes. There were four rows and each row was 100 feet long. As you can imagine, this was a strenuous and dirty job. We are very thankful for our crew leaders, interns, growers, and many volunteers who accomplished this job in the rain! In place of the tomatoes, we will quickly be planting a cover crop of daikon radishes since they can only be planted in a three-week window in August. Daikons have a long tap root that breaks up the soil and pulls nitrogen to the surface which is beneficial for our spring crops like, beets, carrots, and lettuce.

New this week in the CSA share are **sweet potato greens!** If you've been missing your greens this summer and are ready for something different than Swiss chard, this is the week for you! Sweet potato greens can be prepared much like chard, turnip greens or spinach. They can be sautéed in a pan with some oil, garlic, and seasonings to taste, or are great in soups and stews. Sweet potato greens are also highly nutritious. We hope you enjoy!

Lastly, our tomato harvest is in full swing. Because of the clearing of the first planting of tomatoes, we were able to harvest many green tomatoes. Be sure to look for them at the CSA this week so you can enjoy some fried green tomatoes.

Also, the ground cherry tomatoes and tomatillos have been giving us plentiful harvests. If you've never tried these varieties and are looking for something different this week, we encourage you to give them a try. Ground cherries do not taste like any regular cherry tomato. They are very sweet and resemble the taste of pineapple! They are great to keep on your counter as a nice snack, and kids love them, so give them a try if you haven't yet this summer! In contrast, tomatillos are great for making salsa verde. Just add some garlic, onion, jalapeño pepper, cilantro, sugar, and salt so a nice spicy treat. We hope you are having a great week and enjoy your vegetables.

Don't miss the Harvest Celebration coming up on September 16th 4-7pm! Tickets available at www.redwiggler.org/events/

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

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Green Tomato Chutney, NYTimes Cooking, Melissa Fernandez **Veg, DF, GF**

1 pound green tomatoes, chopped
½ medium white onion, chopped
½ cup golden raisins
1 cup brown sugar
½ teaspoon freshly grated ginger

¼ teaspoon ground allspice
⅛ teaspoon freshly ground black pepper
1 teaspoon salt
¾ cup apple cider vinegar

Simmer all ingredients in a small covered saucepan for 30 minutes. Serve it alongside curry's, meat dishes and cheese platters. Will last quite a while stored in a jar in the fridge.

Pattypan Squash Stuffed with Corn, Martha Rose Shulman, Serves 4 **Veg, GF**

2 pounds pattypan squash
2 tablespoons extra virgin olive oil
1/2 cup finely chopped onion
Kernels from 2 ears corn
Salt and freshly ground pepper
1/4 cup chopped cilantro or parsley

2 ounces (1/2 cup) freshly grated Parmesan or Gruyère cheese
1 egg
1/3 cup milk
Chopped cilantro or parsley for garnish

1. Cut the pattypan squash in half along the equator. Using grapefruit spoon, scoop out the seeds in the middle and discard. Scoop out the flesh to within 1/2 inch of the outside and finely dice. Lightly salt the pattypan shells, and let sit while you prepare the filling.
2. Preheat the oven to 350 degrees. Oil a baking dish or casserole large enough to accommodate the pattypan shells.
3. Heat the olive oil over medium heat in a large, heavy skillet. Add the onion. Cook, stirring often, until tender, about five minutes. Add the diced squash and cook, stirring, for four to five minutes until tender. Add the corn, and cook, stirring often, for four minutes until just tender. Remove from the heat, and stir in the Parmesan and the cilantro or parsley. Season to taste with salt and pepper.
4. Fill the pattypan shells with the corn mixture, and arrange in the baking dish. Beat together the egg and milk, season with a little salt, and carefully spoon a little over the corn mixture in each filled squash. Add a small amount of water to the dish (about 1/4 inch). Cover tightly, and place in the oven. Bake 45 to 50 minutes to an hour until the squash is tender. Remove from the heat, and transfer to a platter. Serve hot or warm, garnished with additional chopped cilantro or parsley.



Variation: Coarsely chop the corn kernels in a food processor fitted with the steel blade before cooking.

Quick Salsa Verde **Veg, GF, DF**

2 pints tomatillos (husked removed, washed)
1 jalapeno (w/ or w/out seeds)
Juice from ½ lime

Salt
1 large clove garlic
Handful of cilantro leaves (to taste)

Mix together in food processor or blender. Enjoy with chips or on tacos!

