

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 6

August 10 & 13

## IN THE SHARE

- carrots/ beets/ onions  
/ squash/ zucchini/  
eggplant/ cucumbers  
- tomatoes  
- cherry tomatoes/  
ground cherries/  
tomatillos  
- hot peppers

## PICK-YOUR-OWN

### RED:

Oregano, Anise  
Hyssop, Nasturtiums,  
Mint, Gomphrena,  
pickeling dill (blooms)

### ORANGE:

Basil  
(Amethyst, lemon,  
Eleanora) Celosia,  
Gomphrena, Cosmos,  
Strawflower, Statice,  
Sunflowers (limit 1),  
calendula

### BROWN:

Banana peppers, Fever  
few, Anise Hyssop,  
Coneflower, Borage,  
Bee Balm

### PINK:

Gomphrena, Zinnias,

### YELLOW:

Parsley, Salvia,  
Yarrow, Gomphrena,  
Marigolds,  
strawflower,  
sunflowers, borage

### 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.

## Notes from the Field by Intern Amy:

It's fall crop planting time! Last week, we planted broccoli, cauliflower, cabbage, and brussels sprouts. A group of volunteers helped us transplant little seedlings from the greenhouse into our compost-covered field.

After planting, we watered the plants with diluted fish emulsion to fertilize and encourage healthy growth. We set up the drip tape, which is an efficient irrigation system that drips water directly to the soil and prevents water loss through evaporation.

Finally, we unrolled and stretched a row cover over the plants to prevent pest damage and water loss. Bonus: everyone got a great work out from carrying rock bags to drop on the cover and keep it from flying away.

The carrot, beet, arugula, kohlrabi, and mustard greens seeds that were seeded directly into the field got to experience our mini wobbler sprinklers, which are as much fun as they are helpful! The baby plants are all set up to grow beautifully, and we are all wishing the best for them.

## Cilantro and Dill and Basil!

We are really excited with how beautiful the cilantro and dill in the **Green PYO**, just outside the fence, is doing this year. Please enjoy it and take whatever you will use! Need ideas of how to use it? Ask us! Now is also the time to take lots of Basil (**Orange PYO**)!

## Harvest Celebration, 9/10: 4-7pm, tickets now available!

### Also: Seeking Silent Auction donations and sponsorships!

We've got a great line-up this year! Come celebrate with us and help us honor those who make it all possible: the Growers, our volunteers, and all of you!

This year's event will feature:

- Food trucks (Bonus: Waredaca beer truck and the Sweet Farm pickle & ginger beer truck!)
- Lawn games & live bluegrass
- Silent Auction & raffle

Tickets are available now: \$60/ adults, \$30/ kids

Can't attend? Consider donating to the Silent Auction or sponsoring a Group Home resident. Tickets and info: [www.redwiggler.org/events/](http://www.redwiggler.org/events/).

**RED WIGGLER**  
COMMUNITY FARM

# Recipes

## Grilled & Marinated Eggplant

### 2 Japanese eggplants

1/4 cup water  
kosher salt  
2 tablespoons toasted sesame oil  
1 tablespoon neutral tasting oil, like canola  
3 tablespoons tamari (GF if necessary)

2 cloves garlic, minced  
1 teaspoon maple syrup  
pinch of crushed red pepper  
2 tablespoons minced **cilantro**  
Optional – 2 spring onions with greens

Cut eggplant into thick slices on the diagonal. Lay the slices out on a cutting board and generously sprinkle both sides with salt. Let sit 30 minutes. Transfer to a salad spinner, rinse, and then spin dry. Place the eggplant slices in a shallow dish.

Whisk together the marinade ingredients and pour over the eggplant. Marinate for 1 – 2 hours.

Preheat a grill to high. Grill the eggplant slices 2 – 3 minutes per side until grill marks appear and the inside is soft. Grill the bulbs of the onions right alongside.

Arrange the eggplant on a platter and garnish with cilantro and sliced onion tops.



## Salsas!

### Ground Cherry Salsa

1 pint **ground cherries**, husks removed and rinsed  
1/2 **medium onion**  
1 **jalapeno** (remove seeds)

**Cilantro**, cumin and salt to taste

Place ground cherries, onion and jalapeno in a saucepan and cover with water. Boil for 5 minutes. Pour off water and add cilantro. Use emulsion blender or transfer to stand up blender and blend. Add cumin and salt to taste.



### Tomatillo Salsa

2 pints **tomatillos**, husks removed and rinsed  
1-2 large **garlic cloves**  
salt to taste

juice from 1/2 a lime  
1 **jalapeno** (optional: remove seeds)  
1/3-1/2 cup **cilantro**

Blend and enjoy with chips, on fajitas, add to egg and cheese sandwiches.