

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 7

Aug 23 & 26

## IN THE SHARE

- Arugula  
- Beets/ Onions/  
Garlic/ Squash/ Sweet  
Peppers/ Heirloom/  
Orange Tomatoes/  
Cherry Tomatoes/  
Tomatillos/ Ground  
Cherries/ Okra  
- Hot Peppers

## 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.

## Farm Notes:

We had a great time watching the eclipse on the farm on Monday complete with eclipse themed snacks! There are some photos of the festivities on our Facebook page.

We've made it to week 7 and have only 2 more weeks left of the summer CSA.

If you are hoping to freeze or preserve summer veggies before the season is over this is a great week! *We'll have a deal for 2<sup>nd</sup> tomatoes (great for sauces, soups, freezing): \$20/20 pounds! Free! Left over kale, collards, chard and leek seedlings for your fall garden!*





## Fall Programming:

Fall is just around the corner. That means two things:

- We are in need of **adult volunteers** who can help us in the fields 9am-2pm M-F. If you have a morning a week you might be interested in committing to Red Wiggler contact Katie ([Katie@redwiggler.org](mailto:Katie@redwiggler.org)) or sign-up for the Volunteer Orientation on Sept. 12. Meaningful, hard work, fun.
- The **field trip and group volunteer** schedule will fill quickly. If you are interested in bringing your class, scout troop or office for an educational tour or volunteer day, contact Molly ([molly@redwiggler.org](mailto:molly@redwiggler.org)).

## Sweet Peppers!

We grow many different varieties of sweet peppers and all of them are in now. *You can combine any varieties of sweet peppers to complete your poundage.* Here are the highlights:

	<b>Sweet Italian Frying Peppers- Carmen (Redish), Escamillo (Yellowish)</b> Great sweet taste, excellent for eating raw or roasting.
	<b>Sweet Chocolate Pepper-</b> Mild flavor with a thick flesh. Holds up well in stir-fry's or used as a fajita filling. Flesh under the skin in brick red.
	<b>Sweet Lunch Box Pepper-</b> Extremely sweet baby peppers. They have a great flavor. Perfect as a snack, tossed into a lunch box or cut up into salads. Can't go wrong with these little guys!
	<b>Lipstick Pepper-</b> Sweet, juicy, thick flesh. Lovely shape makes for easy cutting. Great in salads, salsas or roasting. The shape also makes them easy to stuff.

### Beet & Beet Green Salad, Serves 8

2 medium or 3 small **beets** (any color) with greens, roasted  
½ bag of **beet greens**, washed in two changes of water  
1 cup farro, soaked for one hour in water to cover and drained  
Salt, preferably kosher salt, to taste  
2 tablespoons sherry vinegar  
1 teaspoon balsamic vinegar  
1 small **garlic** clove, minced or pureed

1 teaspoon Dijon mustard  
½ cup extra virgin olive oil (may substitute 1 to 2 tablespoons walnut oil for 1 to 2 tablespoons olive oil)  
½ cup broken walnut pieces  
2 ounces feta or goat cheese, crumbled (more if desired for garnish)  
¼ cup chopped fresh herbs, such as **parsley**, tarragon, marjoram, **chives**, **mint**

Bring 2 quarts water to a boil in a medium saucepan. Fill a bowl with ice water. When the water comes to a boil, add salt to taste and the greens. Blanch for two minutes, and transfer to the ice water. Allow to cool for a few minutes, then drain and squeeze out excess water. Chop coarsely and set aside.

Bring the water back to a boil, and add the farro. Reduce the heat, cover and simmer 45 minutes, stirring from time to time, or until the farro is tender. Remove from the heat and allow the grains to swell in the cooking water for 10 minutes, then drain.

While the farro is cooking, make the vinaigrette. Whisk together the vinegars, salt, garlic and mustard. Whisk in the oil(s). Add to the farro. Peel and dice the beets and add, along with the beet greens, feta or goat cheese, herbs and walnuts. Toss together, and serve warm or room temperature with a little more cheese sprinkled over the top if you wish.

### Pasta with 15-Minute Burst Cherry Tomato Sauce, Serves 4-6, Epicurious.com

1 pound pasta  
Kosher salt  
1/2 cup olive oil  
2 large **garlic** cloves, finely chopped  
3 pints **cherry tomatoes**

1/2 teaspoon freshly ground black pepper  
Pinch of sugar  
1 cup coarsely chopped fresh **basil**  
Freshly grated Parmesan (for serving)

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large bowl.

Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high. Add garlic, then tomatoes, pepper, sugar, and 1 tsp. salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, 6–8 minutes.

Toss pasta with tomato sauce and basil. Top with Parmesan.

