

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 8
August 24 & 27

IN THE SHARE

- beets/ sweet peppers/
eggplant/ squash/
zucchini/ eggplant/
onions
- Red/ Heirloom
tomatoes
- cherry tomatoes/
ground cherries/
tomatillos
- hot peppers

PICK-YOUR-OWN RED:

Oregano, Anise
Hyssop, Mint,
Gomphrena

ORANGE: Basil
(Amethyst, lemon,
Eleanora) Celosia,
Gomphrena, Cosmos,
Statice, Sunflowers
(limit 1), Calendula

BROWN:

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

PINK:

Gomphrena, Zinnias,

YELLOW:

Parsley, Salvia, Winter
Savory, Sage,
Gomphrena,
Marigolds,
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.

Rhythms of the Season from the Farm Manager

One of the neat and interesting aspects of farming is being in tune with the rhythms of the season. One daily rhythm is anticipating which student volunteers are coming for the day, greeting them each morning and planning out who is going to do what. Next week, they all go back to school, and we will start a different rhythm of harvesting with less people.

Although bittersweet, this transition has us thinking about Fall, as we hoe and tend to our Fall greens of Mustards and Arugula (they look great!) and will plant over 2000 plants Kale and Collards this week. So while looking forward to fall and dreaming about sweet potatoes and winter squash, we are also enjoying these last few weeks of summer squash and tomatoes.

Tickets now on sale for the 21st Annual Harvest Celebration

The Harvest Celebration is a truly special occasion on the farm. Friends, volunteers, CSA members, Growers and staff all come together to celebrate the year's hard work and show appreciation for the Growers and Volunteers.

On the lawn, food trucks supplied with Red Wiggler produce, serve dinner. Guests can play corn hole and ring toss while they enjoy lively bluegrass.

In the barn, guests peruse a fabulous Silent Auction with all kinds of items at different price points.

We'll honor the Growers and present the Big Wig award to volunteer Abby Geiselman. The Farm Manager and Growers will share the successes of the year.

Join us for a fun night! \$60/adults, \$30/ youth, redwiggler.org/events.



Update on the Storage onions: You may have been noticing a layer of rot when you cut into your storage onions. We definitely have. This is a real bummer- the onions are hard and smell fine but they are not holding up. We think the solution is to just eat them quickly so expect a larger quantity in your share over the next few weeks. For the most part, you should be able to remove the rotten layer, give the rest a quick rinse and still use much of the onion. Also, please take an extra onion at your next pick-up for any ones with rot you have found.

We're working on figuring out what happened so we can prevent it in the future. We think it's Center Rot which is a bacterial disease caused by wet conditions and weedy fields that is affecting storage onions quite a bit at the moment. We're working on figuring out how to prevent it so we can have storage onions in the future.

Recipes

Zucchini Brownies

Staff Endorsed! RWCF Volunteer Manager, Katie, served these at our staff meeting last week and we all loved them!

1/2 cup vegetable oil (could use applesauce instead)
1 1/2 cups white sugar
2 teaspoons vanilla extract
2 cups all-purpose flour

1/2 cup unsweetened cocoa powder (if using sweetened cocoa powder, cut sugar to 1/2 cup)
1 1/2 teaspoons baking soda
1 teaspoon salt
2 cups shredded zucchini
1/2 cup chopped walnuts

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.
2. In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.
3. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. Cooled brownies before cutting into squares.

Shakshuka (Eggs Poached in Spicy Tomato Sauce)

From the Smitten Kitchen, Serves 4 to 6

1/4 cup olive oil
3 jalapenos, stemmed, seeded, and finely chopped
1 small yellow onion, chopped
5 cloves garlic, crushed then sliced
1 teaspoon ground cumin
1 tablespoon paprika

12-14 whole tomatoes, peeled
Kosher salt, to taste
6 eggs
1/2 cup feta cheese, crumbled
1 tablespoon chopped flat-leaf parsley (or cilantro)
Warm pitas, for serving

Heat oil in a 12-inch skillet over medium-high heat. Add chiles and onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add garlic, cumin, and paprika, and cook, stirring frequently, until garlic is soft, about 2 more minutes. Put tomatoes and their liquid into a medium bowl and crush with your hands. Add crushed tomatoes and their liquid to skillet along with 1/2 cup water, reduce heat to medium, and simmer, stirring occasionally, until thickened slightly, about 15 minutes. Season sauce with salt.

Crack eggs over sauce so that eggs are evenly distributed across sauce's surface. Cover skillet and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture, being careful not to disturb the yolk. Sprinkle shakshuka with feta and parsley (or cilantro) and serve with pitas, for dipping.

