

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2016 Week 9  
August 30 & Sept 3

## IN THE SHARE

- potatoes
- onions
- arugula/kale
- sweet peppers
- eggplant
- garlic
- red tomatoes
- heirloom tomatoes
- okra
- cherry tomatoes
- ground cherries
- tomatillos
- hot peppers
- melon

## 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,  
Borage, Tithonia

### 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.

## REMINDER: THERE IS NO PICK-UP NEXT WEEK (9/7 & 9/10) DUE TO THE HARVEST CELEBRATION!

### Change in Season, Change in Veggies

The exciting item in your share this week is greens! Greens are a sign that fall is just around the corner and sweet potatoes and squash are not far behind.

But this also means you will see less and less of the summer veggies in your shares. SO, to hold them over a little longer, here are ways to preserve some of the flavors of summer (tip: eat seconds now, preserve the firsts).

SQUASH- Slice into rounds, blanch, freeze in ziplock bag OR shred, skip the blanching, and store in ziplock bag for baking. Also great pickled, either canned or refrigerator.

EGGPLANT- Slow roast with olive oil and store in jar, dry in a dehydrator or make baba ganoush and freeze.

BASIL- Chop and stuff into ice cube trays, cover with water or oil, freeze and use for cooking later. Basil frozen in water can be added last minute to soups for a punch of flavor. Even better, make pesto, freeze in ice cube trays, 1 cube=enough for a bowl or two of pasta.

TOMATOES- The options are endless. Dry/slow roast and store in a jar with oil, dry and make a pesto, can, blanch and freeze, slice and freeze without blanching (that's what Andrea & Molly do!), make pasta sauce, pizza sauce or tomato soup and freeze.

PEPPERS- Again, lots of options. The simplest is just to chop up and freeze. Perfect for chili in the winter. Also can slow roast and store in olive oil. Have a dehydrator? Sprinkle with garlic salt or old bay and make some crunchy pepper "chips".

### Call for Volunteers!

The school year has begun, taking all of our hardworking high school volunteers with it. While we are glad they are all back to the very important job of learning, we still have lots of vegetables to harvest, fields to mulch, weeds to pull and general farm work to do!

We are in need of ADULT VOLUNTEERS who are able to commit to at least 1 day a week Monday- Friday 9am-2pm this fall.

Interested? Head to [redwiggler.org/individual-volunteers/](http://redwiggler.org/individual-volunteers/) to learn more and sign-up. We could not do what we do without our volunteers!

### Harvest Celebration Sept. 10 4-7pm

Tickets are still available: [www.redwiggler.org/events/](http://www.redwiggler.org/events/)

Seeking volunteers to help with things like parking and clean-up: e-mail [volunteer@redwiggler.org](mailto:volunteer@redwiggler.org)

Seeking Dessert Donations: E-mail [molly@redwiggler.org](mailto:molly@redwiggler.org)

# Recipes

## Zucchini Muffins! *Simply Recipes*



These muffins are delicious! CSA Member and Red Wiggler volunteer, Claire, made these for the Growers a few weeks back. She said she chose this recipe, and I (loosely) quote, “because it has the highest zucchini to batter ratio”. Claire’s modifications: “This is the recipe that calls for 3 cups of zucchini! I did use butter instead of the oil they said could be substituted....and I put maybe a half teaspoon extra of the cinnamon. I used walnuts but not the raisins or cranberries. I filled the muffin tin up to the top and the batter still made about 14 per batch....very dense”.

3 cups grated fresh zucchini  
2/3 cup melted unsalted butter (or 1 cup oil)  
1 1/3 cup sugar  
2 eggs, beaten  
2 teaspoons vanilla  
2 teaspoons baking soda

Pinch salt  
3 cups all-purpose flour  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1 cup walnuts (optional)  
1 cup raisins or dried cranberries (optional)

You don't need a mixer for this recipe.

1. Preheat the oven to 350°F (175°C). In a large bowl combine the sugar, eggs, and vanilla. Stir in the grated zucchini and then the melted butter.
2. In a separate bowl, mix together the flour, baking soda, nutmeg, cinnamon, and salt. Stir these dry ingredients into the zucchini mixture. Stir in walnuts, raisins or cranberries if using.
3. Coat each muffin cup in your muffin pan with a little butter or vegetable oil spray. Use a spoon to distribute the muffin dough equally among the cups, filling the cups up completely.
4. Bake on the middle rack until muffins are golden brown, and the top of the muffins bounce back when you press on them, about 20 to 25 minutes. Test with a long toothpick or a thin bamboo skewer to make sure the center of the muffins are done.

Set on wire rack to cool for 5 minutes. Remove muffins from the tin let cool another 20 minutes.

## Spiced Okra Curry *BBC Good Food*



5 tbsp olive oil  
1 cup onions, sliced  
2 cups okra, trimmed, washed, dried and sliced into 2 inch pieces  
2 tomato, diced  
1 red chili, finely chopped (or 1/2 tsp powdered)  
2 tsp ground coriander  
handful cilantro, roughly chopped, to serve

Heat a large wok or frying pan over a medium heat. Add the oil, then the onions, cooking until soft. Stir in the okra. Add the tomatoes and chili, then season. Mix well and keep stirring gently, taking care not to break up the okra. Okra releases a sticky substance when cooked, but keep cooking, stirring gently – this will disappear and the tomatoes will become pulpy, about 10 mins.

Lower heat, add ground coriander and cook for another 5-10 mins. Add 2 tbsp water, cover and let simmer for another 4-5 mins. Sprinkle with cilantro and serve with basmati rice or chapati bread.