

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 1  
May 10 & 13

## IN THE SHARE

“/” indicates a choice

- 2 Plants  
- Arugula/ Mizuna/  
Mustard Greens  
- Pea Shoots  
- 1 bunch Carrots/  
Spring Onions  
- 1 bunch Radishes  
- Rhubarb/ Cilantro/  
Chives

## PICK-YOUR-OWN

Blue flag indicates  
ready to pick.

RED: Lovage, Mint,  
Oregano, Sage, Thyme  
Anise Hyssop, Lambs  
Ear

GREEN: Dill, Cilantro,  
Cilantro Flowers

ORANGE: Sorrel,  
Lambs Ear, Oregano

PINK: Bachelor  
Buttons, Cilantro  
Flowers, Crimson  
Clover

BROWN: Bachelor  
Buttons, Anise Hyssop,  
Fever Few

YELLOW: Sage,  
Winter Savory

## UPCOMING EVENTS:

### May 20<sup>th</sup> 10am Field Tour w/ Woody

Free to CSA members. E-mail [csa@redwiggler.org](mailto:csa@redwiggler.org) to register.

### June 3<sup>rd</sup> 10:30am Dehydration Workshop w/ UMD Extension

\$40/person. Register at [www.redwiggler.org/events/](http://www.redwiggler.org/events/)

## Welcome to Week 1!

Hurray! It's finally time for weekly trips to the farm to pick-up farm fresh organic veggies! We hope you are as glad it's here as we are.

Things are busy at the farm this week. The fields are full of growing food, flowers are blooming and we have lots of visitors each day to learn and help us grow.

## A few reminders:

- Please remember your bags each week.
- While we love our furry friends, please leave your dogs at home when you come to the farm.
- Remember to DRIVE SLOWLY as you come down the drive way. We are a busy farm with lots of people coming and going both on and off foot.
- We clean all our veggies before they get to you but it is still important that you wash your veggies before consuming them.
- If at any point you cannot pick-up your share, you can send a friend instead. Any items not picked up will be sent to those in-need. We cannot accommodate switching pick-up days.

**Bring us your old vinegar bottles!** Turns out they are perfect for storing our organic fish emulsion fertilizer! We prefer the 2 gallon bottles but will also take the 1 gallon ones. Thanks!

## NEW! PYO TOURS WEEKLY @ 10:15am!

Join a staff member and Grower to see what's new in the PYO and on the farm in general. Great if you can't quite figure out how to use some PYO items or the thought of harvesting items seems intimidating!

**CSA Facebook Group:** Share recipes, ask questions, share articles you think your fellow CSA members may be interested in. The page is located here: <https://www.facebook.com/groups/RWCFCSA/>. Once you are on the page, request to join. We will confirm within 48 hours.

## What's that?

**Pea Shoots** are the shoots of a pea plant, grown in our greenhouse for 3 weeks from pea seeds. They taste like snap peas, are rich in nutrients and their delicate texture makes them a great addition to salads. Molly's favorite way to eat them is piled high on top of fried eggs with a sprinkle of sea salt!

**Sorrel** is a perennial herb that is abundant in the Spring and Fall and produces tart leaves that tastes similar to lemon or green apple. Toss into a greens salad, add to a smoothie or to a quinoa and feta dish. Check out the recipe for the Zingy Chickpea and Sorrel Salad.

# Recipes

## Veg- Vegetarian DF- Dairy Free GF- Gluten Free

**Miso Noodle Soup** by Early Morning Farm (a great recipe resource for CSA shares!)  
Veg., DF (Can easily be made GF by omitting the miso paste or finding a GF version)

4-6 cups thinly sliced  
vegetables like mizuna,  
radishes and carrots  
4 cloves garlic, minced  
2 tbsp grated ginger

2-4 quarts water  
Rice Stir-Fry Noodles  
Miso paste (1 tbsp per serving,  
to be added at the end)

Condiments to serve with  
including but not limited to  
Rice Vinegar, Sriracha, Ume  
Plum Vinegar, Sesame Seeds,  
Soy Sauce, cilantro, lime

Fill a large stockpot 3/4 of the way with water. Bring to a boil. While the water is boiling, prep the vegetables. Cut carrots and daikon (if using) into long ribbons with a vegetable peeler. Chop turnip (if using) in half, then thinly slice both halves. Cut slices into larger triangles. Shred napa cabbage (if using). Cut mizuna into bite size pieces. Mince garlic. Grate ginger. Once the water is boiling add garlic and ginger, then vegetables in order of cooking times. If using turnips, add now and boil 4 minutes. Add rest of veggies then boil 3-4 minutes. Add rice noodles and cook according to package directions. Remove soup from stove. Place about 1 tablespoon miso paste in each bowl. Ladle some cooking water over the miso paste to dissolve. Once paste is dissolved ladle soup into each bowl. Bring a variety of condiments to the table for serving. Garnish with a lime on top. Variations: To round this meal out with a protein we love a fried egg on top. You could also add baked tofu, avocado slices, or grilled chicken, shrimp, or steak.



**Zingy Chickpea and Sorrel Salad**, Serves 2 [thegreedyvegan.com](http://thegreedyvegan.com)  
Veg, GF, DF

1 ¼ cups cooked chickpeas  
9 oz sorrel, washed, trimmed  
and copped into bite sized  
pieces  
2 tbsp fresh parsley, chopped

juice of one lemon, about 3tbsp  
1 tsp lemon zest  
3 tbsp olive oil  
½ tsp salt  
½ tsp pepper



1. If you use canned chickpeas, drain and rinse them well. Or cook fresh.
2. Add all ingredients, except sorrel and parsley, to a bowl. Mix well and let it marinate for at least 30 minutes in the fridge. When ready to serve mix in the sorrel and parsley and eat.

### What to do with Radishes!

Radishes will be a regular addition to your share. They are easy to grow and harvest, they grow quickly and can handle colder temperatures. Plus, they are nutritious and add a crunchy kick to your dishes. Some people love radishes and some people need a little helping figuring out what to do with them as they can have such a strong flavor. Here are some ideas:



- 1) Traditionally they are eaten raw on toast with butter.
- 2) Slice thinly and toss into a salad.
- 3) Arrange them on top of a toasted bagel with cream cheese.
- 4) Slice into small matchsticks and use as a topping for tacos.
- 5) Braise with your greens.
- 6) Toss with olive oil, minced garlic, salt and pepper, sprinkle with parmesan cheese and roast until soft.
- 7) Make refrigerator pickles with them.
- 8) Add to your favorite slaw or mayo based salad.