

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 2  
May 17 & 20

## IN THE SHARE

"/" indicates a choice

- *Arugula/ Head  
Lettuce/ Kale/ Collards*  
- *Pea Shoot/  
Microgreens*  
- *Spring Onions/  
Radishes/ Hakurei  
Turnips w/ greens*

## 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, Sage flowers

## UPCOMING EVENTS:

**TOMORROW: 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 Vegetable Dehydration Workshop w/ UMD Extension**

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

## Notes from the field:

We hope you all enjoyed your first CSA share last week! Please let us know if you have any questions or concerns. We're always happy to help!

We're working full steam ahead in the fields. With the help of three new Interns and one new Seasonal Crew Leader (keep a look out for a blog post soon introducing each of them!) we spent Tuesday harvesting and bunching radishes and spring onions and uncovering and harvesting kale and collards. We're especially happy with the kale we have for all of you this week. It's looking so beautiful and will be a great addition to your share. The recipe below for a simple kale salad is a great way to enjoy the freshness of the kale and let it stand on it's own.

This week, high school students who come to Red Wiggler weekly to develop their vocational skills helped us to get our wildflower patch ready for all our CSA members. They cleared the Canadian thistle, a terrible weed we are constantly competing with, and digging out multiflora rose. The cone flowers are coming soon- many more flowers to follow. We hope you are looking forward to those lovely summer wildflower bunches!

## COLLECTING: 2 Gallon vinegar/ food safe bottles!

They are perfect for storing our organic fish emulsion fertilizer! Thick, clear plastic bottles with handles will work including vinegar and Arizona ice tea containers. No chemical storage containers (like ones used for laundry detergent). Bring them to your pick-up if you have them. Thanks in advance!

**CSA Facebook Group:** Share recipes, ask questions, post 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.

**Plant sale continues this week! Tomatoes and peppers are \$4/each.**

## What's that?

**Microgreens** are the shoots of a vegetable harvested when they are very young. Microgreens are packed with nutrients and flavor. The variety you are receiving is Daikon Radish which has a bright, slightly spicy flavor. Great as a garnish, in a peanut butter sandwich or piled on top of a fried egg.

**Hakurei Turnips** are sweet little crunchy morsels of goodness. They are great raw with a little salt but can also be roasted or braised. To take full advantage of the turnip bunch use the greens as well. While turnips are one of the oldest cultivated vegetables, the hakurei is fairly new, developed in the 50's during food shortages in Japan.

# Recipes

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

**Roasted Hakurei Turnips with Israeli Couscous Salad**, [noteatingoutinny.com](http://noteatingoutinny.com), makes 3-4 servings, **Veg, DF**

1 bunch hakurei turnips with fresh greens  
1 cup Israeli couscous  
1 garlic clove, minced  
pinch of optional red chili flakes

1/4 cup chopped red onion  
juice from half a lemon  
4-5 tablespoons extra-virgin olive oil  
salt and pepper to taste



Preheat oven to 425 degrees. Trim radishes from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens.

Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool.

**Lemon-Garlic Kale Salad**, By Julia Moskin, NYTimes, Serves 8-12, **Veg, GF**

2 cups sliced almonds  
1/3 cup freshly squeezed lemon juice (from 2 to 4 lemons)  
Kosher salt  
1 1/2 cups extra-virgin olive oil

4 cloves garlic, crushed with the flat side of a knife, peeled and left whole  
10 to 12 ounces washed and dried kale leaves, thick stems removed (weight after trimming)  
1 1/2 cups freshly grated Parmesan (optional)



Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain.

Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Sauté until just wilted, 1-2 minutes. Transfer to a bowl and let cool.

Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted radishes on top.

In a toaster oven or skillet, toast almonds until golden brown and fragrant. Set aside to cool.

In a bowl, combine lemon juice and 1 heaping teaspoon salt. Slowly whisk in olive oil. Add garlic cloves and set aside to steep.

Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and use the other hand to slice into 1/4-inch-thick pieces. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw. (Recipe can be made up to this point 1 day ahead. Keep kale and dressing refrigerated separately.)

Place chopped kale in a very large bowl. Sprinkle surface with almonds and then with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss. Taste for dressing and salt and add more as needed, tossing to coat thoroughly. Serve within 1 hour.