

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 3
May 24 & 27

IN THE SHARE

“/” indicates a choice

- *Kale/ Collards/ Red Butterhead Lettuce/ Mustards/ Red Mizuna*
- *Spring Onions/ Radishes/ Hakurei Turnips w/ greens*
- *Arugula Flowers*

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Sage, Thyme Anise Hyssop, Lambs Ear, Cilantro(!)

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

- 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.

Eggplant plants for sale, \$4 each!

Farm Notes:

This morning (Tuesday) we planted our eggplant for the season. This year we planted 4 varieties. Eggplants are definitely something to look forward to this summer and fall!

We also hosted 50 students from Cedar Grove Elementary School today and will host another 50 on Thursday. The students tasted things in the PYO, checked out the progress of our spring greens, told us what they know about compost and learned the bee song!



June 3rd 10:30am Vegetable Dehydration Workshop w/ UMD Extension

\$20/person. Register at www.redwiggler.org/events/

A great way to make your produce last through the year. Hope you can join us!

New things to look out for!

Arugula Flowers are an underrated CSA treat. They aren't lookers but they have such a great taste, much like their leaves! Once the arugula plant has finished producing those delicious and pepper leaves, it starts focusing its energy on reproducing, i.e. flowers! You can't find these babies in the store so add them to salads, or sprinkle on top an open faced sandwich and revel in your farm fresh find.

Mustard Greens It's mustard green season! These fresh and flavorful leaves are incredibly high in vitamin K and A and frequent parts of our Spring and Fall CSA shares.

Most people are not used to cooking with them and it make take a little experimenting to figure out how your household likes them best. The simplest thing to do is sauté them with onions and a few drops of honey and serve over couscous. Check on the recipe in this newsletter for another tasty recipe.

Miz America- a brand new variety of asian green for us. They should taste mild with a little spice just like the mizuna but their deep purple color will brighten up your plate. Use like you would mizuna or mustards.



Storing your Greens:



- Greens can be delicate. Help them last as long as possible by following these tips:
- Eat the delicate greens first, like lettuce or mizuna. Save the harder greens like kale and collards for later in the week.
 - When you get home with your share, clean and dry your greens well and store in an airtight containers or zip-lock bags.
 - The heartier greens like kale and collards can even be chopped before being stored if that helps your food prep for the week.
 - Store towards the front of your refrigerator. If the greens freeze or frost at all they will be no good.
 - Blanch and freeze for the winter months!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Curried Lentils and Mustard Greens, Early Morning Farm **Veg, DF, GF**

- | | |
|----------------------------------------------------------|---------------------------------------------------|
| 1 bunch mustard greens | 1 tablespoon olive oil |
| 1 cup red lentils | 1 tablespoon hot madras curry powder |
| 4 cups water or vegetable stock | 1 teaspoon turmeric |
| 1 onion | salt + pepper to taste |
| 2 cloves garlic | 1 tablespoon red wine vinegar or fresh lime juice |
| 1 tablespoon minced fresh ginger or 1/2 tsp dried ginger | |

Prepare greens. Remove stems of greens and wash thoroughly. Chop or tear into bite-size pieces. Chop onion and mince garlic and ginger.



Heat olive oil over medium low heat. Sauté onions, garlic, and ginger until onion is softened and translucent. Add dry spices, mix, then add water or stock, stirring to get any bits off the bottom of the pan. Add lentils, bring to a boil, then simmer over low heat for 20 minutes. After 20 minutes stir in greens, and cook for an additional 10 minutes. Check lentils for doneness. When lentils are done season to taste with salt, pepper, and red wine vinegar or lime juice.

Mizuna Radish Salad, Early Morning Farm **Veg, DF, GF**

- 1 bunch mizuna, stems removed, chopped into bite size pieces
- 1 cup julienned radishes, kohlrabi, carrots, or turnips
- 1/4 cup sunflower seeds

Dressing:

- 1/4 cup neutral oil like sunflower or canola
- 2 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 1/2 tablespoon shoyu or tamari soy sauce



Combine mizuna and radishes in a bowl. Stir Together dressing ingredients, toss with vegetables. Top salad with sunflower seeds and serve.