

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 6
June 14 & June 17

IN THE SHARE

"/" indicates a choice

- Kale
- Collards
- Lettuce
- Chard
- Beets
- Spring Onions
- Radishes
- Turnip
- Kohlrabi
- Fennel
- Garlic Scapes

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Lambs Ear, Oregano

PINK: Bachelor Buttons

BROWN: Bachelor Buttons, Anise Hyssop, Fever Few

YELLOW: Sage, Winter Savory
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.

Farm Update:

Last week we planted winter squash, ground cherries and another planting of tomatoes. They are in the field just beyond the fence above the Pink PYO. It will be fun having them so close so all our CSA customers can watch them grow!

This week our main concerns are harvesting you a wonderful, fresh share, prepping for Saturday's Farm to Fork Dinner and staying cool! We're taking lots of water breaks and starting harvest early each day. We're also spending a ton of time irrigating and hand watering. While the heat is hard on our bodies and our spring greens, its great for summer flowers and crops (like tomatoes and peppers!) as long as we can keep them hydrated.

Exciting news - we're planting our okra this week AND we have little baby squashes that will hopefully be big enough to be into your shares soon!

Enjoy the week and keep cool!

The stars of the show this week: Kohlrabi and Fennel

Kohlrabi is a member of the brassica family, like kale, turnips, cabbage and broccoli. Although it's popularity has begun to grow in the U.S., it's still unfamiliar to many newer customers. Kohlrabi is a fun vegetable to cook with that works in many ways.

The bulbs are the main edible portion but the greens can also be used, like you would collard greens.

How to prepare the bulbs: First, and this is important, peel the purple or greens skin off the bulb until you get to the flesh. Chop into matchstick or dice and use in stir-fry's, as a dipping veggie or try in the raw salad in this newsletter. It's an interesting mix between an apple, potato, and turnip.

Bulb fennel is a crispy vegetable similar in taste to anise but in texture to celery. Use the bulb and "fronds" (leaves) in your cooking. Fennel is often paired with seafood dishes.



Good to know: Cilantro, plentiful in the Red PYO, is high in vitamin C and K. Do you have one of those cilantro haters in your house (Julia Child was one)? Turns out, it's not their fault but instead due to genetics. There is actually an entire blog dedicated to those who prefer to avoid the fragrant herb: [ihatecilantro.wordpress.com!](http://ihatecilantro.wordpress.com/)

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Kohlrabi Salad with Cilantro and Lime, feastingathome.com, Yield: 4-6 servings **Veg, DF, GF** *One of Molly's all time fav. CSA recipes.*

6 cups **kohlrabi** -cut into matchsticks , or grated in a food processor -about three 4 inch bulbs (or you could substitute sliced **fennel**, apple, jicama, cucumber, cabbage or **turnips** for part of the kohlrabi for more diversity)

½ C chopped **cilantro** (one small bunch)

half of a jalapeno -minced

¼ C chopped **scallion**

orange zest from one orange

lime zest from one lime

Citrus Honey Vinaigrette:

¼ C olive oil

¼ C fresh orange juice (juice form one orange)

⅛ C lime juice plus 1 T (juice from one large lime)

¼ C honey

½ tsp kosher salt

1 T rice wine vinegar



Trim and peel kohlrabi. (I normally have to peel twice to get thru the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making ¼ inch matchsticks.

Place in large bowl with chopped cilantro, scallions, finely chopped jalapeño (½), lime zest and orange zest.

Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes goo the next day too.

Caramelized Turnips with Capers, Lemon and Parsley, NYTimes.com, Yield: 8-10 Servings, **Veg, DF, GF**

3 pounds small **turnips** or daikon radish

3 tablespoons olive oil

Salt

pepper

2 small garlic cloves, finely chopped

1 tablespoon capers, rinsed and roughly chopped

Zest of 1/2 lemon

3 tablespoons flat-leaf parsley, roughly chopped

Juice of 1/2 lemon, or to taste

Peel turnips, halve lengthwise and slice into half-moons 1/4-inch thick.

Heat olive oil in a large cast-iron skillet over medium-high heat. Working in batches if needed, add turnips. Sauté, turning often and lowering the heat if necessary, until nicely browned and cooked through, about 8 to 10 minutes.

Season with salt and pepper, then transfer to an oven-proof serving dish. If not serving immediately, leave at room temperature for 2 to 3 hours, or refrigerate and bring to room temperature, before reheating in a 400-degree oven for 10 minutes.

To serve, mix garlic, capers, lemon zest and parsley; sprinkle over turnips. Drizzle with lemon juice.

