

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2017 Week 7
June 21 & June 24

IN THE SHARE

"/" indicates a choice

- Kale
- Collards
- Lettuce
- Chard
- Beets
- Spring Onions
- Turnip
- Kohlrabi
- Fennel
- Summer Squash

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Lambs Ear, Oregano, Cone Flower, Yarrow

PINK: Bachelor Buttons

BROWN: Bachelor Buttons, Anise Hyssop, Fever Few, Bee Balm, Cone Flower

YELLOW: Sage, Winter Savory, Yarrow, Coneflower, Yarrow

PURPLE: Wild 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.

THIS IS YOUR LAST PICK-UP FOR THE 2017 SPRING CSA. SUMMER SESSION BEGINS 7/12, 7/14 AND IS CURRENTLY FULL.

Farm Update:

This week we're recovering from Saturday's very successful Farm to Fork Dinner (visit our FB to see pics!), and enjoying getting to know all the new volunteers that have joined us since school has ended. It's good we have so much help because we have so much to do! This week we'll be mulching our winter squash and weeding all those little weeds that popped up with the weekend's rain. We will also be getting ready for "Brassica Free July" which means we'll harvest everything out of our brassica field including kale, collards turnips and radishes, mow down the field, and plant cover crop. This 4 week period of no brassicas helps to break the bug cycle that ravages them so we can have new healthy plants in the fall. No brassicas means we'll be looking towards summer squash, tomatoes, eggplants and peppers! Yum!

Peas:

Here is the official announcement: there will be no peas this year at Red Wiggler. We're all just as bummed as you are. Our peas were devastated by the Seedcorn Maggot which thrived in our warm winter followed up the cool spring. Organic farming, and really all farming for that matter, is full of ups and downs and new challenges. For this year at least, we'll all have to get those delicious peas elsewhere. Sorry folks!

Not joining us for the Summer CSA? Here's how you can still get Red Wiggler veggies:

- Montgomery County Farm Tour & Harvest Sale July 22nd
Stop by Red Wiggler to purchase veggies, get a tour, or just have a fun time with your family. We'll have live music & lawn games.
- Leisure World Market Thursdays in August, 9am-11am
Find us at the Interfaith Chapel 3680 S Leisure World Blvd, Silver Spring, MD 20906.
- Harvest Celebration September 16th 4-7pm.
No only is this a great party and a fun way to support the farm, but we'll have veggies for sale along with live music, food trucks, and a silent auction.

Good to know: Lovage, located in the Red PYO, is well known for being used to cure headaches. Steep a sprig in hot water and drink to aid headaches and migraines. This has been recommended to us first hand by CSA members who have given it a try.

Kohlrabi Fritters, earlymorningfarm.com, **VEG**

For the fritters:

1 medium to large size kohlrabi
1 red or yellow onion
1/2 cup all purpose flour (or gluten free all purpose or whole wheat)

1 teaspoon baking powder
1/2 teaspoon sea salt
2 eggs, lightly beaten
olive oil for frying

Using a food processor with a grating disk, grate the kohlrabi and onion. You'll need 3 cups, so if your kohlrabi is on the small side add more onion or another vegetable. If your kohlrabi is on the larger side, reduce the amount of onion. Wrap the kohlrabi in a clean dish towel and squeeze as much water out as you can. Transfer the kohlrabi to a mixing bowl, and combine with remaining ingredients.

Heat a thin layer of oil over medium high heat in a cast iron skillet. Pan-fry kohlrabi in 1/4 cup scoops, about 2 minutes per side until golden. Drain on paper towels. Serve with desired sauce or Lemon Dill Yogurt Sauce.



For the Lemon Dill Yogurt Sauce:

1/2 cup greek yogurt
1 small garlic clove, minced or grated
1 tablespoon lemon juice

1/4 cup chopped fresh dill
salt and pepper to taste

Combine yogurt, garlic, lemon juice, and dill in a small bowl. Mix to combine, then season with salt and pepper to taste.

Thick Yogurt with Beets, Garlic and Dill Nytimes.com/cooking/, **VEG, GF**

4 or 5 baby beets (about the size of a golf ball); or one full-size beet, peeled and quartered
1 teaspoon minced garlic
2 teaspoons freshly squeezed lemon juice
Salt
1 1/2 cups plain whole-milk yogurt, preferably Greek-style
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh dill
Black pepper



Boil beets until tender, about 20 minutes. When cool enough to handle, rub skins off baby beets with a kitchen towel. Coarsely grate beets.

In a mixing bowl, combine garlic, lemon juice and 1 teaspoon salt. Stir in yogurt and olive oil, then beets and dill. Season to taste with additional salt and pepper. Chill until ready to serve.