

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 3

July 26 & 29

IN THE SHARE

"/" indicates a choice

- Beets
- Cucumbers/ Squash/ Zucchini
- Cherry Tomatoes
- Heirloom & Red Tomatoes
- Onions/ Garlic
- Hot Pepper

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro, Oregano, Hyssop, Mint, Sage, Thyme, Lavender

ORANGE:

Celosia, Nasturtiums, Gomphrena, Marigold, Snapdragons, Oregano, Statice, Sunflower, Pincushion, Sunflower, Calendula, Basil, Parsley

PINK:

Zinnias, Sunflowers

YELLOW:

Marigolds, Coneflower, Snapdragon, Winter Savory, Borage, Yarrow, Sage

PURPLE (top of field):

Yarrow, Wildflowers

Reminders:

- 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.

Upcoming Events:

Fermentation for Beginners 8/12, 10:30am-12:30pm
Harvest Celebration 9/16, 4-7pm

We'll have extra vegetables for sale this week!

Farm Notes:

It's a busy week! Thanks to the Sidwell Summer participants for helping us harvest and process **450 pounds of beets and 550 pounds of potatoes!** This is a great week to make a chilled borscht soup (recipe in this newsletter) or experiment with juicing beets!

This week a group of growers took a delivery of 300 pounds of cucumbers and squash to Fox Chapel Elementary School to be distributed to families who are a part of Manna Food Center's Smart Sacks program. This arrangement is possible because of a longtime CSA member who saw a need for produce at her school and reached out to both Red Wiggler and Manna to make it happen!

Large Tomato Update:

We have had some disease issues in our first planting of large tomatoes, but we will have enough this week for everyone to have 1 pound per share. We are hopeful that we will have a plentiful harvest in a couple weeks. In addition to the tomatoes in your share (the 1sts), we will also have 2nds or "sauce tomatoes" for sale for \$2/lb as well 3rds on the free table for the taking. Sauce tomatoes (2nds) have small blemishes and are great if you are making a big meal in the next few days or want to can. 3rds should be eaten the day they are taken home. Contact us if you ever want to buy any additional tomatoes for canning or processing, we will discount for bulk purchases.

Cucumbers:

Cucumbers on the other hand are THRIVING!!!! Now is the time to stock up if you want to pickle or make a big cucumber salad. We will include an extra amount in your share this week and also have extra for sale.

Early Bird Tickets available until 7/31 for the Harvest Celebration!

Help us celebrate our 22nd year! Live music, games, silent auction, local food and wine and more!

www.redwiggler.org/events/

Leisure World Market:

Every Thursday 9am-11am through the end of August we will be at the Inter-Faith Chapel at Leisure World selling our organic veggies and other yummy produce!

Come say hi! 3680 S Leisure World Blvd, Silver Spring, MD 20906

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Clear Summer Borscht NYTimes.com, Martha Rose Shulman, Serves 6 **Veg, GF**

2 pounds beets (8 medium, usually 2 bunches),
peeled, cut in half and sliced in thin half-moons
7 cups water
2 teaspoons salt, or to taste
6 tablespoons strained fresh lemon juice (from
2 to 3 lemons)
1 tablespoon sugar

2 plump garlic cloves, cut in half lengthwise,
green shoots removed
 $\frac{3}{4}$ cup plain low-fat yogurt (optional)
1 small cucumber, peeled, seeded, and cut in
small dice
Chopped fresh dill or chives for garnish



Combine the beets, water, and 1 teaspoon salt in a soup pot and bring to a simmer. Cover and simmer 30 minutes. Add the lemon juice, remaining salt, and sugar and continue to simmer, uncovered, for 20 minutes. Remove from the heat and add the garlic.

Allow to cool, then cover and chill (you can speed this process by transferring the soup to a bowl and placing the bowl in an ice bath). Taste and adjust seasoning. Remove the garlic cloves.

Place 2 tablespoons yogurt, if desired, into the center of chilled soup bowls. Ladle in the soup. Garnish with diced cucumber and minced dill or chives.

Sausage Stuffed Zucchini Boats from Farmhouse Rules by Nancy Fuller

A great way to use huge zucchinis and lots of other veggies! Play around with adding quinoa, other veggies, or omitting the meat. Super flexible and tasty.

4 medium zucchini, cut in half lengthwise
1 tablespoon olive oil
8 ounces sweet loose Italian sausage
8 ounces hot loose Italian sausage
1 clove garlic, minced
1 small onion, chopped

2 medium vine-ripened tomatoes, chopped
Kosher salt and freshly ground black pepper
 $\frac{1}{2}$ cup Parmesan, finely grated
 $\frac{1}{2}$ cup mozzarella, shaved
 $\frac{1}{4}$ cup breadcrumbs
2 tablespoons chopped fresh parsley



Preheat the oven to 400 degrees F.

With a teaspoon, scoop out the flesh from the interior of the zucchini, so they resemble boats. Place the zucchini boats in a 9-by-13-inch casserole dish. Chop the zucchini flesh and set aside.

In a medium sauté pan over medium-high heat, add the olive oil and let heat through. Add the sweet and the hot Italian sausage, and cook for 4 minutes. Add the garlic, onion, chopped zucchini flesh, tomatoes and some salt and pepper. Cook until softened, about 4 minutes.

In a medium bowl, add the Parmesan, mozzarella, breadcrumbs and parsley; mix to combine.

Spoon in and mound the sausage mixture into the zucchini boats. Sprinkle the breadcrumb mixture over top. Place in oven and bake until golden on top, 20 minutes.