

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2017 Week 3

Aug 2 & 5

IN THE SHARE

"/" indicates a choice

Beans / Beets/ Chard/

Cucumbers/ Squash/

Zucchini/ Cherry

Tomatoes/ Red &

Yellow Tomatoes/

Heirloom Tomatoes /

Onions/ Garlic/ Sweet

Pepper

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.

We'll have extra vegetables for sale this week!

Farm Notes:

Busy week, as usual! On Monday local farmers and interns gathered at Red Wiggler for a farm tour from Farm Manager Andrea followed by a potluck. These tours happen monthly at different farms through Chesapeake CRAFT (Collaborative Regional Alliance for Farmer Training) and is a great way for farmers to learn from their peers. It was nice to be able to share our successes and struggles!

On Tuesday Growers, interns and volunteers worked together to pull out the first planting of squash plants and the plastic it was grown in (controls the weeds & keeps the soil warm for early season squash). In their place we seeded daikon radishes which bear down to aerate the field and draw up nutrients through their tap roots. We will allow them to die and decompose in place, adding even more nutrients to the ground before next year's Spring planting. The magic of cover crops!

EVENT OF INTEREST:



Fermentation for Beginners: Pickles Taught by Rachel of The Sweet Farm August 12th, 10:30am-12:30pm, \$35

In this 2 hour, hands-on class, you'll learn all about the basics of vegetable fermentation so that you can create delicious pickles and relishes from local summer vegetables. Topics covered will include fermentation basics and benefits, vegetable selection, salting, brining, troubleshooting and more.

Learn more and register at <https://redwiggler.org/workshops/>

Sunflowers are plentiful!

Include a sunflower or two in your PYO bouquet this week! There are a few different varieties including the traditional bright yellow, Moulin Rouge (deep burgundy) and a new butter yellow variety. When picking, look for open heads with long stems with few or no other blooms on it. Cut the flower stem as close to the base stem as you can. Please only cut the sunflowers in the PYO. The large ones at the end of vegetables rows are beneficial used for insect management.



ALSO: LOTS OF BASIL AND PARSLEY!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

The easiest one pot summer veggie recipe:

Gazpacho Alton Brown, Serves 4 **Veg, GF, DF**

1 1/2 pounds vine-ripened tomatoes, peeled, seeded and chopped
Tomato juice
1 cup cucumber, peeled, seeded and chopped
1/2 cup chopped red bell pepper
1/2 cup chopped red onion
1 small jalapeno, seeded and minced
1 medium garlic clove, minced

1/4 cup extra-virgin olive oil
1 lime, juiced
2 teaspoons balsamic vinegar
2 teaspoons Worcestershire sauce
1/2 teaspoon toasted, ground cumin
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons fresh basil leaves, chiffonade



Fill a 6-quart pot halfway full of water, set over high heat and bring to a boil.

Make an X with a paring knife on the bottom of the tomatoes. Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle, approximately 1 minute. Remove and pat dry. Peel, core and seed the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl in order to

catch the juice. Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 1 cup.

Place the tomatoes and juice into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine. Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Cover and chill for 2 hours and up to overnight. Serve with chiffonade of basil.

Beet Risotto Earlymorningfarm.com **GF, Veg**

1 cup arborio rice
3-4 medium size beets peeled and cubed (or peeled and grated)
1/4 cup butter (half a stick)
1 small or 1/2 large onion
3 cups chicken or vegetable stock (try our homemade recipe)

1 tablespoon balsamic vinegar
4-6 oz goat cheese
salt + pepper



Melt the butter. In a heavy pot with tall sides over medium low heat. Add onions and sauté until translucent. Add beets and continue to cook over medium low heat ten minutes.

Add rice. Toast for about 3 minutes letting the rice soak up some of the butter. Add stock and vinegar. Bring to a boil. Simmer over medium heat for about 15 minutes or until rice is tender stirring occasionally. If your rice isn't completely done after 15 minutes, don't fret, just add a little more liquid and keep simmering until done.

Remove from heat. Stir 2 tablespoons goat cheese into the rice. Taste and adjust seasoning with salt and pepper. Serve risotto with the remaining goat cheese crumbled on top.

Notes. This will serve four nicely with a salad and protein to round out the meal. It can easily be doubled to guarantee leftovers or for a larger group.