

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 1  
May 16 & 19

## IN THE SHARE

- Plants: Tomato, Kale, Chard, Parsley
- Radishes
- Red Russian Kale
- Pea Shoots
- Rhubarb
- Mizuna
- Mustard Greens
- Spring Onions

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Thyme, Chives, Irises

ORANGE: Sorrel, Lambs Ear, Oregano

PINK: Bachelor Buttons

BROWN: Bachelor Buttons, Hyssop

YELLOW: Sage, Winter Savory, Hyssop

Above the Yellow PYO: Crimson Clover (flowering cover crop)

## Welcome to Week 1

The 2018 CSA is finally here and we're excited for a great season! Things are busy at the farm this week. The fields are full of growing food, flowers are blooming and we have lots of visitors each day to learn and help us grow. We're looking forward to seeing each of you on the farm each week!

## A few reminders:

- Please remember your bags each week.
- While we love our furry friends, please leave your dogs at home.
- Remember to DRIVE SLOWLY as you come down the driveway. We are a busy farm with lots of people coming and going both on and off foot.
- We clean all our veggies before they get to you but it is still important that you wash your veggies before consuming them.
- If at any point you cannot pick-up your share, you can send a friend instead. Any items not picked up will be sent to those in-need. We cannot accommodate switching pick-up days.

**CSA Facebook Group:** Share recipes, ask questions, post articles you think your fellow CSA members may be interested in. The page is located here: <https://www.facebook.com/groups/RWCFCSA/>. Once you are on the page, request to join. We will confirm within 48 hours.

## What's that?



**Pea Shoots** are the shoots of a pea plant, grown in our greenhouse for 3 weeks from pea seeds. They taste like snap peas, are rich in nutrients and their delicate texture makes them a great addition to salads. Molly's favorite way to eat them is piled high on top of fried eggs with a sprinkle of sea salt!



**Mizuna** is an Asian green commonly found in baby salad mixes. It has a slightly spicy flavor, similar to arugula but much milder. It is versatile and easy to incorporate in your cooking. When preparing, chop the leaf all the way down the stem- it's all flavorful and has a nice texture. Add to scrambled eggs, a quinoa salad or as a bed for a chicken dish. The options are endless!

## Week 1 in the PYO:

Our herbs and crimson clover are plentiful- pick as much as you wish. Please add just 1 iris or a few bachelor buttons to your bouquet to make sure there is enough for everyone.

## A note about rhubarb:

Our rhubarb is a variety called Victoria. The stalks are primarily green with just a hint of red at the base of the stalks. The color does not impact the flavor or ripeness of the plant. This variety is very productive and grows well in our warmer climate. We have included rhubarb in your share this week so it is not an option in the PYO.

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Wondering what to do with all those spring greens?

Spring is the season for greens, greens and more greens! Fortunately, on top of being incredibly healthy, they are flavorful and versatile. Here are some ideas for how to incorporate all those greens so you can get the most out of the season:

- Add to egg dishes like frittatas, scrambled eggs or quiche
- Try your hand at a homemade Saag Paneer dish which uses plenty of greens and tastes better the more varieties of greens you use!
- Add to smoothies. All but mustards will be great additions to most smoothies. Molly's fav. is banana peanut butter, kale and almond milk.
- Make a hearty salad or mayo free slaw that will last all week. Adding quinoa rounds it out well!

## Rhubarb Sauce *A great topping for yogurt or ice cream!*

Veg, DF, GF



4 cups chopped **rhubarb** (1 lb)  
½ cup water  
½-1/3 cup sugar, honey or agave  
dash of cinnamon (optional)

In a 2-quart saucepan, heat sweetener and water to boiling, stirring occasionally. Stir in rhubarb; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until rhubarb is tender and slightly transparent. Stir in cinnamon. Serve sauce warm or chilled.

## Chickpea, Avocado and Pea Shoot Salad [thedailymeal.com](http://thedailymeal.com)

Veg, DF, GF

For the dressing:

1 tablespoon extra-virgin olive oil  
1 tablespoon balsamic vinegar  
2 tablespoons freshly-squeezed orange juice  
Zest of 1 orange

1 tablespoon lime juice  
1 tablespoon chopped fresh dill  
Sea salt  
Freshly ground black pepper

For the salad

¼ cup **spring onions**  
1 large carrot, finely chopped  
2-3 red **radishes**, thinly sliced  
1 ½ cups cooked chickpeas

4 cups water  
½ red bell pepper, finely chopped  
2 avocados, peeled, pitted, and diced  
1 cup **pea shoots**, washed



For the dressing: In a small skillet over medium heat, prepare dressing by whisking together olive oil, vinegar, orange juice, zest, lime juice, and dill. Season to taste with salt and pepper and simmer until just heated through.

For the salad: Place onion, carrot, radishes, and chickpeas in large bowl. Bring water to boil and pour over vegetables. Let sit 2-3 minutes to soften vegetables. Drain water well. Add red pepper, avocados, and pea shoots to salad and drizzle dressing evenly over the top. Toss to coat and serve warm.