

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 2
May 23 & 26

IN THE SHARE

- Radishes
- Kale
- Lettuce
- Mustard Greens
- Spring Onions
- Collards Greens
- Plants
- Spinach

Plants for sale!!

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

Reminders:

- Please drive slowly when you arrive.
- Remember to clean your veggies before consuming them.
- Not receiving our e-mails? Contact csa@redwiggler.org
- Join the FB Group: <https://www.facebook.com/groups/RWCFCSA/>

Welcome to Week 2

How did the first week go for you? We hope you enjoyed your share, especially the rhubarb. We also hope you are enjoying all those greens and finding creative ways of enjoying them. Please let us know if you have questions or need ideas!

Farm Updates



The week of rain and the burst of sun on Sunday have bumped growth all over the farm. The plants are looking great, but the weeds got a big head start their own head start to. Luckily, the team will have help from some enthusiastic helpers in the coming weeks.

This week we welcomed volunteers from Norwood Middle School; St. Andrews and Holy Cross High Schools; and Marriott International. The growers are essential to teach our volunteers and interns how to harvest spring onions, radishes, and greens, pick Colorado potato beetles off plants, and identify weeds.

Small flowers are beginning to appear on the pea plants which means we are looking forward to peas soon! We are also looking for scapes to appear on the garlic this week. Be sure to catch a glimpse of the beautiful irises in the Red Pick-Your-Own before their short season is over.

How do we manage pests on our Certified Organic farm?

Because we do not use any synthetic chemicals on our plants, we have to be creative about how we handle pests. Pesticides are not only harmful to our bodies but also to our water, soil systems, and the environment in general. Here are the ways we manage our pests:

- Covering our leafy greens with row cover to stave off cabbage loppers
- Planting beneficial plants, like sunflowers, at the ends of our rows to attract beneficial bugs that prey on pests as well as detract pests away from our vegetables.

- We employ people and recruit volunteers to pick pests off of our plants like picking Colorado Potato Beetles off our potato plants.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Radishes from swellkid.wordpress.com

2 Bunches of **Radishes**
2 Tbsp Olive Oil
Coarse Salt
1 Lemon Wedge
Optional: 3 sprigs **winter savory** or **thyme**



Heat the oven to 400 degrees. Scrub the radishes and chop off the green tops. Cut each **radish** in half vertically. Toss the radishes with the olive oil and lay them cut-side down on the pan. Sprinkle liberally with coarse salt. Roast for about 15 minutes, tossing them about halfway through. They will take on a caramel brown color at the edges. Squeeze a lemon wedge over them and serve.

Garlic and Greens Soup From the Vegan Table by Colleen Patrick-Goudreau



1 tsp olive oil
8 cups vegetable broth or water with a couple veggie bouillon cubes
1 head garlic, separated into cloves, peeled and minced or pressed
1 large yellow onion, finely chopped or 4 **spring onions**
2 bunches **kale, collard greens, mustard greens**, or chard, chopped into bite-size pieces
3 yellow potatoes, such as Yukon gold, diced (optional)
1 tbsp seasoned rice vinegar (Optional)
Salt and pepper to taste

In a large soup pot, olive oil and sauté garlic and onion until onion turns translucent about 5 minutes. Add the chopped leafy greens, potatoes, and broth to the soup pot and bring to a boil. Simmer everything together for 25 to 30 minutes, until you can easily pierce the potatoes with a fork. Add rice vinegar and salt and pepper to taste. Stir and serve immediately.

Creamy Herb Dressing

1/2 cup sour cream or Greek yogurt
1/4 cup extra virgin olive oil
1/4 cup chopped fresh herb leaves such as: **parsley, thyme, mint, chives, winter savory** or **oregano**
1 TB white wine vinegar
1 lemon juiced
1 garlic clove chopped
1-2 spring onion, about 2-3 tablespoons

Add all the ingredients to the bowl of a food processor. Pulse the ingredients for 1 minute until the dressing is creamy and the herbs are finely chopped. Store in the fridge for up to 2 weeks. This dressing also makes a delicious a vegetable dip or topping for 20-Minute Fresh Salmon Burgers.

