

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 3  
May 30 & June 2

## IN THE SHARE

- Radishes
- Turnips
- Spring Onions
- Lettuce
- Collards Greens
- Chard
- Arugula

## Plants for sale!!

### PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Thyme, Chives

ORANGE: Sorrel, Lambs Ear, Oregano

PINK: Bachelor Buttons, Parsley

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](mailto:csa@redwiggler.org)
- Join the FB Group: <https://www.facebook.com/groups/RWCFCSA/>

## This Sunday: BREEZE THRU THE TREES 5K

Are you signed up yet? The walk/run supports Red Wiggler and is a great way to get outside this weekend! Race starts at 8:30am on Sunday, June 2<sup>nd</sup> at Ruppert Landscape. Sign-up at <http://www.breezethruthtrees.com/>  
Hope to see you there!



## Farm Updates

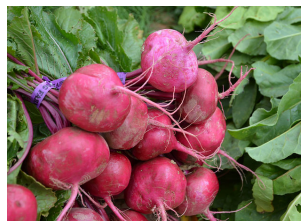
This week 100 excited students from Cedar Grove Elementary school will come to explore the farm. During the hands-on tour of Red Wiggler, they will observe and learn from growers at work, pick and taste a few crops, and take a front row seat to a day on the farm.

The students already have a lot of farm vocabulary; from decompose to pollination, but now they get to see their classroom lessons in action. A basic school tour starts with a quick review of the rules, and a first taste test of sorrel in the P.Y.O. Many students discover sorrel is their new favorite vegetable and are very proud to say so. All throughout the tour they learn how an organic farm operates, and every item has its own lesson. A step over the irrigation lines leads to a discussion about what plants need. They make a stop at the brassica field to learn about the parts of a plant. A dig in the compost brings together the whole plant life cycle from seed to plant to soil again.

They come full of questions, but also have plenty of answers as well. They know why bees are important, the role of a worm in a compost pile, and why we need rainy days. Hopefully they leave even more curious than they arrived, feeling more brave for trying new things. Hopefully their adult chaperones feel the same.

## Turnips!

Both hakurei and scarlet queen turnips are options in this weeks share. They have very different favors but both are tasty raw or cooked. Turnips this time of year are especially great because the greens are big, lush and totally edible. Later in the season, they will start getting chowed on by bugs so enjoy them now! Recipes below.



# Recipes

**Veg- Vegetarian DF- Dairy Free GF- Gluten Free**

## Roasted Hakurei Turnips with Israeli Couscous Salad [noteatingoutinny.com](http://noteatingoutinny.com) (makes 3-4 servings)

1 bunch hakurei turnips with fresh-looking greens  
1 cup Israeli couscous  
1 garlic clove, minced  
pinch of optional red chili flakes

1/4 cup chopped red onion  
juice from half a lemon  
4-5 tablespoons extra-virgin olive oil  
salt and pepper to taste

Preheat oven to 425 degrees. Trim radishes from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens.

Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool.



Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain.

Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Sautee until just wilted, 1-2 minutes. Transfer to a bowl and let cool.

Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted radishes on top.

## Spicy Quick Pickle Radishes [cookieandkate.com](http://cookieandkate.com)

1 bunch radishes  
¾ cup white wine vinegar or apple cider vinegar  
¾ cup water  
3 tablespoons honey or maple syrup  
2 teaspoons salt

1 teaspoon red pepper flakes (this yields very spicy pickles, so use ½ teaspoon for medium spicy pickles or none at all)  
½ teaspoon whole mustard seeds (optional)  
Optional add-ins: garlic cloves, black peppercorns, fennel seeds, coriander seeds

To prepare the radishes: Slice off the tops and bottoms of the radishes, then use a sharp chef's knife or mandoline to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds.



To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, then pour the mixture over the radishes.

Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks, although they are in their most fresh and crisp state for about 5 days after pickling.