

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 4
June 6 & June 9

IN THE SHARE

- Radishes
- Turnips
- Spring Onions
- Lettuce
- Collards
- Kale
- Other surprises!

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
- Join the FB Group: <https://www.facebook.com/groups/RWCFCSA/>

Farm Updates

The newest arrival to the Red Wiggler team started on Monday. Farming is hard work, but it is the farmer's hope that every new addition helps to lighten the load. Our newest team member is a tall, sturdy, and spacious SHED!

The shed, delivered early Saturday morning, sits atop the field, across from the Discovery Garden, in the shade of the maple tree.

On Monday morning every team member grabbed their favorite tool from the lower barn, and took the familiar walk up the hill into the fields. Only this time, the tools would not need to come back down.

Anyone who has ever pushed a wheelbarrow of tools up a hill can appreciate how much energy the new shed will save. Now growers and volunteers can walk to the fields with lighter hands, ready to start fresh. "Being more efficient means we can get more

work done, making each hour of accomplishment feel more full and meaningful," says Gerardo, co-farm manager. Even cleaning is easier. After a day of work, it's nice to leave the labor and the tools thereof neatly behind in the field. On top of that, Molly added "It's so cute, I would live in it!"



Don't miss the parsley in the **Pink PYO!**

The parsley is looking beautiful and desperately needs to be picked! When picking, please use scissors to snip the smaller stems off the larger stems, towards the outside of the plant, leaving at least half the plant.

There are so many great uses for parsley including using it in tabouleh, making a frittata or even mixing up a batch of parsley pesto!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Fattoush (Mid-Eastern Bread Salad)

There are countless variations of this traditional salad, popular in countries around the Mediterranean. This recipe features some of the best of what Red Wiggler has to offer from the share and P.Y.O. herbs.

Prep time 30 min Serves 4

For the salad:

2 pita breads
1 medium bunch of **parsley**, coarsely chopped
1 cucumber, peeled and chopped
5 **radishes**, sliced or grated

4-5 **spring onions**, finely chopped
6-8 leaves of **romaine or head lettuce**,
chopped
5-7 sprigs of **fresh mint** coarsely chopped

For the dressing:

1/3 cup extra virgin olive oil
Juice of 1/2 lemon
Salt and Pepper to taste

(Optional) Additional herbs to taste: **lovage or winter savory**
(Optional) 1 Tsp honey



Heat oven to 350 degrees. Separate pita into 2 rounds, and bake on cookie sheet for about 5 minutes, or until very crisp but not browned. Toss together parsley, cucumbers, radishes, spring onions, lettuce, and mint in a large salad bowl.

Whisk olive oil, lemon juice, honey, herbs and salt and pepper in a small bowl. Just before serving, give dressing another quick whisk and then pour it over vegetables and toss.

Break pita into 1-inch pieces and toss with salad, just before taking salad to table. Taste, add seasonings if needed, and serve immediately.

Asian-Inspired Mustard Greens

1 tablespoon sesame seeds (optional)
1 teaspoon Asian (toasted) sesame oil
6 cups washed and chopped **mustard greens (or turnip greens, kale, collards, chard)**
1/4 cup water
1 teaspoon minced garlic, or to taste

1 tablespoon soy sauce
2 teaspoons Japanese rice wine (mirin) vinegar
1 teaspoon sake (optional)
1 teaspoon white sugar



Place the sesame seeds into a large skillet over medium heat, and cook and stir constantly until the seeds are toasted a golden brown and make a continuous crackling noise, 1 to 2 minutes. Transfer the seeds immediately to a bowl to stop the cooking process. Set seeds aside.

Place sesame oil in the hot skillet, and heat until it just begins to smoke (this should happen very fast). Place mustard greens into the hot oil, and pour in water. With a spatula, gently toss the greens until they are wilted and reduced in quantity, about 2 minutes. Mix in garlic, soy sauce, rice wine vinegar, sake, and sugar.

Bring the mixture to a boil, stir until sugar has dissolved, and cover the skillet. Reduce heat to a simmer, and cook until the greens are tender, 10 to 15 minutes. If a thicker sauce is desired, remove greens with a slotted spoon, and cook the liquid down to desired thickness; return greens to the skillet, toss in the pan juices, and sprinkle with toasted sesame seeds.