

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 5
June 13 & June 16

IN THE SHARE

- *Spring Onions*
- *Turnips*
- *Beets (w/ beautiful greens!)*
- *Mustard Greens*
- *Collards*
- *Kale*
- *Lettuce*
- *Collards*
- *Garlic Scapes*

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Thyme, Chives, Dill, Cilantro

ORANGE: Sorrel, Lambs Ear, Oregano, Zinnias

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

This week while visiting the Pick-Your-Own fields, take a moment to look around the farm. Things are looking different at Red Wiggler. Over the past week new crops have emerged while others have said goodbye until cooler (and maybe drier) times return.

The tall fields of our rye and vetch cover crop were crimped down to make room for tomatoes and squash. These future tomato fields were prepped in a process called roller crimping. Mature six-foot tall rye and interspersed vetch are laid down and start to decompose; becoming mulch, weed suppressant, and food for all kinds of worms and beneficial bacteria.

Other changes include: Echinacea (Cone Flower) blooming around the farm, Bee Balm growing taller each day; and plants moving out of the cozy greenhouse and into the fields. In addition, the once blooming rows of crimson clover transformed into neat beds ready for sweet potato planting. The pace of changing seasons brings lots of new sights, be sure to enjoy your favorites while they're still here.

Garlic Scapes are here!

Garlic scapes are the flowers of garlic plants that grow straight up and then curl over like a pig's tail. We harvest them a month or so before harvesting the actual garlic bulb in order to encourage the plant to direct its energy towards the bulb. They are a true hallmark of local, farm fresh eating and a delightful part of your Spring share. Make the pesto recipe included in this newsletter or just use them like you would garlic!

Also tasty are pickled garlic scapes (blanch first). The scapes will keep well in a bag in the fridge so take your time enjoying them.

How to eat beet greens: Enjoy them just like chard. Add them to a salad, sauté them, add to an omelet. Tasty, nutritious and eliminates a little waste!



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Garlic Scape Pesto

So incredibly delicious. Enjoy on crackers, fish, pasta or just by the spoonful! Freezes well too.

5 Garlic Scapes

¼ cup slivered almonds

2 tbs Parmesan Cheese

A pinch of salt and pepper

6 tbsp olive oil



Rinse the scapes in cold water, then roughly chop them. Put the scapes, almonds, cheese, and seasonings in the bowl of a food processor, and process until fairly smooth -- about 15 seconds. With the machine running, slowly add the olive oil through the feed-tube, and process for about 15 seconds. Taste carefully for seasonings — you might like to add more salt and/or pepper. For the best flavor, refrigerate the pesto for several hours (or overnight) before serving.

Gingered Greens and Tofu Serves 4

½ cup soy sauce

½ cup dry sherry or broth

¼ cup rice or white vinegar

3 tbsp brown sugar

2 cakes firm tofu (cut in 1 inch squares)

4 tbsp peanut oil

6 cups collards, kale or mustard greens,
coarsely chopped

3 tbsp peeled and minced ginger root

¼ cup lime juice

¼ cup cilantro

pinch ground red pepper

Add soy sauce, sherry or broth, vinegar and brown sugar to a medium saucepan. Simmer 1 minute and remove from heat.

Place tofu in a single layer in an ovenproof pan. Pour sauce over the tofu and set aside for 10 minutes.

Occasionally turn tofu squares over. Drain, reserve remaining sauce.

Sprinkle 2 tbsp peanut oil over tofu. Broil for 4 minutes then turn squares over. Continue broiling until tofu is golden brown, another 3-4 minutes.

While tofu broils, sauté greens in 2 tbsp peanut oil until wilted. Add the lime juice, cilantro and pepper.

Remove from heat. Gently toss the tofu into the greens and top with remaining sauce. Serve over rice with cashews or peanuts.

Shredded Beet Salad, *From Simply in Season*, Serves 4

2 cups red beets (peeled
and shredded)

½ cup parsley (chopped)

3 tbsp olive oil

2 tbsp lemon juice

2 tbsp minced onion

1 tbsp sugar

½ tsp salt

pepper to taste

Mix together and chill. To serve, place the beet mixture in the middle of a dish.

1 cup carrots (shredded)

2 hard-cooked eggs (sliced)

½ cup parsley (chopped)

green olives (optional)

Arrange around the beets. Olives may also be sliced on top of the red beets as a garnish; the olive flavor really adds to this salad.