

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2018 Week 6  
June 20 & June 23

## IN THE SHARE

- *Spring Onions*
- *Beets*
- *Collards*
- *Kale*
- *Arugula*
- *Beans*
- *Lettuce*

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Oregano

PINK: Bachelor Buttons, Parsley

BROWN: Bachelor Buttons, Hyssop, Bee Balm

YELLOW: Sage, Winter Savory, Hyssop, Yarrow

## 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/>

**Today is your final pick-up for the Spring CSA! The summer session begins July 14<sup>th</sup>.**

## Farm Updates



It has been an eventful Spring season! We started out with many many cool rainy days and have ended it with a week of sweltering heat (which we compensated for with popsicles!). The weather has proved a challenge on the farm. With too much rain and too few sunny days and other variables, we had a great spring for greens, garlic scapes and parsley but a tricky season for radishes, carrots, and beets. These are just the ups and downs of farming and we are appreciative for our CSA members who are willing to take what we have. We haven't heard a single complaint! That being said, I'm sure we'll all be happy to move on to summer crops and away from greens soon.

This week we welcomed Elgin Martin to our team as Communications and Development Coordinator. Elgin comes to us as a native of Montgomery County with a strong arts background (a theme in our core staff!), non-profit skills and a tremendous amount of enthusiasm. We're looking forward to his support in fundraising and in jazzing up our communications.

As you head out to the PYO this week, be sure to check out the sweet potato field just above the Yellow PYO. We planted 3 varieties (one of which we propagated onsite!) and look forward to harvesting their greens in August and the potatoes in September.

Sweet potatoes hold a special place in our heart at Red Wiggler. They are fun to plant, easy enough to plant and harvest for many skill levels and produce food that everyone who we reach enjoys! We hoping for great season for these yummy tubers!

## Beet Facts!

- Beets contain betaine, a substance that relaxes the mind and is used in other forms to treat depression. It also contains tryptophan (also found in chocolate), which contributes to a sense of well being.

- "In 1975, during the Apollo-Soyuz Test Project, cosmonauts from the USSR's Soyuz 19 welcomed the Apollo 18 astronauts by preparing a banquet of borscht in zero gravity." (lovebeets.com) We'll even allow you to cook your beets in gravity.

# Recipes

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

## Beet and Yogurt Salad **Veg, GF**

One of Molly's favorite recipes. Keeps well in the fridge and very refreshing. Optional: Add cucumbers or serve over chopped kale. Can substitute any herb you wish for the dill.

- |   |                          |
|---|--------------------------|
| 1 bunch beets                               | ¼ cup fresh dill         |
| ¼ cup plain yogurt                          | 1 tbsp red wine vinegar  |
| 1 tsp mayonnaise                            | ½ tsp sugar              |
| 2 sliced spring onions (or ¼ cup red onion) | salt and pepper to taste |



Cut off tops and bottoms of beet root. Boil in water until you can easily pierce with a fork. Let cool, peel off skins, slice in half moons.

In medium bowl, mix together yogurt, mayonnaise, vinegar and sugar. Add beets, dill and onion. Refrigerate before eating.

## Miso Roasted Turnips, Foolproofliving.com, Yield: 4 servings **Veg, DF**



2 pounds of turnips, greens cut off leaving 1 inch stem left on turnip, rinsed and cut in half

Turnips greens from 2 bunches of turnips or 1 bunch chard.

3 tablespoons white miso paste, divided

3 tablespoons olive oil, divided

coarse sea salt

freshly ground black pepper

Pre-heat the oven to 425 degrees. Line a baking sheet with parchment paper. Set aside.

Whisk together the 2 tablespoons of miso paste and 2 tablespoons of olive oil in a bowl.

Spread the turnips on the prepared baking sheet. Drizzle it with the miso-olive oil mixture. Give it a toss to make sure that all turnips are coated with the mixture. Place in the oven and bake for 12-15 minutes making sure to rotate the turnips halfway through the baking process. When they come out of the oven, let them cool. Sprinkle them with a big pinch of black pepper. Taste for seasoning and add in some salt if necessary.

Meanwhile, rinse the green parts and roughly chop them up. Heat a tablespoon of olive oil in a large pan. Sauté the chopped greens until they are lightly wilted, 2-3 minutes. Stir in the rest of the miso paste and make sure that the green leaves are coated with the paste. Add in ¼ teaspoon freshly ground black pepper. Taste for seasoning and add in if necessary.

Transfer the warm greens in a large salad bowl. Spread the roasted turnips on top of the greens. Enjoy!