

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 1

July 11 & 14

IN THE SHARE

“/” indicates a choice

- Onions/Kohlrabi/
Turnips
- Zucchini/Summer
Squash/ Cucumbers
- Collards/ Swiss
Chard
- Green Garlic
- Carrots
- Beets
- Jalapeños Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro,
Oregano, Thyme,
Russian Sage

ORANGE:

Zinnias, Celosia,
Cosmos,

PINK:

Parsley, Basil, Statice,
Snapdragon,
Nasturtiums,

YELLOW:

Sage, Winter Savory,
Bee Balm, Yarrow,
Coneflower

PURPLE (top of field):

Yarrow, Coneflower,
Wildflowers

HUGELKULTUR

(across from Purple):
Cosmos

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

Upcoming Events:

Montgomery County Farm Tour & Harvest Sale 7/28 10am-3pm (Free!)
DIY Pickling: Beyond Cucumbers Workshop 8/18, 10:00am-12:00pm



Welcome to the Summer CSA!

We are looking forward to having a great session and seeing everyone on the farm each week! Throughout the session, the weekly newsletter will provide important information, tips, news about upcoming events, and recipes.

If you have any questions or concerns at any point please feel free to ask at your pick-up or email CSA@redwiggler.org.

Farm Notes:

The fields are full of color and have changed a lot since spring. With so many veggies and flowers thriving after last week's heat wave, it's worth a few extra minutes to walk around on your way to the PYO. Catch the smell of garlic wafting up from the lower barn? Our garlic is now out of the field and curing. Curing is the process of drying garlic for long term storage.

Compost Reminder: Don't forget to grab your compost bin at pick up. Retrieve a clean compost bucket and lid (test to be sure it fits!) from the barn. Buckets flipped upside down are clean. If you can't find one or have any questions about what you can and cannot compost, just ask.

PYO HOW-TO REMINDER:

The Pick-Your-Own is full of bright, summery herbs and colorful flowers. We hope you will spend some time out there each week! Here are the basics:

- PYO areas are just outside the barn, just inside the fence, and one is at the top of the field. Each area is indicated with a tall colored flag.
- The small blue flags indicate what is available to pick.
- Pick as much as you will use keeping in mind that other people are also there to pick.
- Questions? Need help finding something? Just ask any of us in Red Wiggler shirts!

Garlic Scapes



While the star of the show is, of course, the garlic bulb, garlic scapes are a tasty benefit to growing garlic. As the garlic bulb grows below the soil, the scape grows up through the leaves, and will flower if you let it. As it grows up towards the sky, it uses valuable energy which is why, once it begins to curl, like a pigs tail, we harvest it, ensuring that as much energy as possible goes into producing a healthy bulb.

Use the scapes in eggs, on pasta, pickled, or make them into a pesto. The options are endless and delicious.

Veggie Pancakes **Veg**

For Pancakes:

2 medium sized **kohlrabi bulbs**, peeled and grated

5 **turnips**, grated

1 large carrot, grated

2 tbsp flour

2 **garlic scapes** chopped thinly

1 **onion**, chopped thinly

2 eggs

Red pepper flakes

Salt

Pepper

Olive Oil

Sauce

1/3 cup yogurt

1 tbsp lemon juice

1 Tbsp chopped **dill**

Salt to taste

Directions:

Mix all vegetables together in a large bowl. Wisk eggs and flour together in separate small bowl and then add to vegetables mixture. Season to taste with red pepper flakes, salt and pepper (you will add salt again after cooking, so go light on the salt here).

In a small bowl, mix together sauce ingredients and refrigerate until needed.

Heat 3 tbsp of olive oil in a frying pan on medium-high heat. Once hot, spoon vegetable mixture into the pan in patty like shapes. Fry on each side 2-3 minutes, or until golden brown. Transfer cooked pancakes to plate, salt to taste immediately. Continue cooking until all of the vegetable mixture has been fried.

Once plated, drizzle pancakes with sauce and enjoy!

