

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 2

July 18 & 21

IN THE SHARE

“/” indicates a choice

- Jalapeños
- Sweet Peppers
- Carrots
- Onions
- Cherry Tomatoes
- Green Garlic
- Kohlrabi
- Chard/Beets
- Cucumbers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro,
Oregano, Thyme,
Russian Sage

ORANGE:

Zinnias, Celosia,
Cosmos, Sunflowers

PINK:

Parsley, Basil, Statice,
Snapdragon,
Marigolds, Ageratum,
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

Farm Notes:

The week has gotten off to a great start with a big storage onion harvest! The onions are pulled up, piled in baskets, brought down to the barn and placed in onion racks to dry and cure. For the next few weeks, the onions you will receive in your share are still technically “spring onions” and should be stored in your refrigerator.

While we are waiting (not so patiently) for the big tomato harvest to begin, we are working to get all the storage crops out that have a longer shelf life at home including turnips beets and carrots. Store them in your plastic bag in your refrigerator and they will last for weeks!

Be sure to get out to pick yourself a stunning bouquet of cosmos, sunflowers, coneflower and other beautifies from the PYO this week! As you wander through the herbs and flowers keep your eyes out for different pollinators that are diligently doing their jobs.



Introducing our new Education & CSA Program Coordinator, Darlene Richardson! Darlene comes to us with a background in experiential education and theatre and passion for connecting people with the earth. After serving as the education and field intern for the last few months, she is joining our team full time as we say goodbye to Molly. Be sure to stop by and introduce yourselves!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Peach and Tomato Bruschetta Veg, DF, GF



Ingredients:

1 pint **cherry tomatoes**, seeded and chopped
2 peaches, chopped
1 small red **onion**, thinly sliced
1/3 cup fresh **basil** leaves, finely chopped
2 tsp balsamic vinegar
Pinch salt

Bread, Tortilla Chips, or Whole Grain Crackers for serving

Directions:

Prep and mix ingredients together.
Salt to taste, and add more balsamic vinegar if needed
Serve on crusty bread grilled with olive oil, or tortilla chips for a gluten free option.

Quick Pickled Onions Veg, DF, GF



Homemade pickling is fast, fresh, and can be ready in just a few hours. Try your hand at this simple pickling recipe that can be easily modified to fit your family's taste. These pickles go great with all your favorite summer barbeque foods.

Easy Pickling Steps:

1. Combine vinegar, water, sugar, and salt in a medium bowl. Whisk together until sugar and salt is fully dissolved.
2. Place onion in a jar or bowl (I like to use a mason jar). Pour vinegar mixture over the onions and let sit at room temperature for at least 1 hour if you're in a rush.
3. Preferably, cover jar or bowl and place in refrigerator for at least 4 hours before using (24 hours is ideal). Pickled onions will last for a few weeks stored in the refrigerator.
4. Use pickled onions to top tacos, nachos, sandwiches, salads, and more

1 medium **onion**, thinly sliced
1/2 cup apple cider vinegar
1 cup warm water
1 tablespoon sugar
1 1/2 teaspoons salt

Looking for some added flavor? Add the following to your jar:

1-2 Sliced **Jalapeños** (with seeds for more heat

or

2 cloves of **garlic**, 1 tsp cumin seeds,
1 tsp dried oregano, 1 tsp whole black peppercorns