

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 3

July 25 & 28

IN THE SHARE

- Spring Onions
- Sweet Peppers
- Heirloom Tomatoes
- Red Tomatoes
- Cherry Tomatoes/
Ground Cherries
- Hot Peppers
- Other special little things

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro, Oregano, Thyme

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

Farm Notes:

Last week we rushed to get a few more things done in the fields ahead of this week's rain. The potatoes have mostly all been dug out and we had an enormous harvest of sweet peppers! This week we're trying to harvest during breaks in the rain and working on indoor tasks, like fall seeding. While the rain is much needed, we're crossing our fingers that the fields can handle the fast onset.

Tomato season is officially here! Cherry tomatoes are doing especially well, and there are a few varieties to choose from. We imagine that most people will have no problem getting through their cherry tomatoes but for those that are a little stumped, try sautéing them in garlic and olive oil and tossing them into pasta!

A note about Squash:

In many ways we are having a great season but we are struggling a few areas, especially squash—summer, zucchini and winter. We are including summer squash and zucchini in the share where we can but providing many other choices as well as not everyone will be able to receive both of them each week.

How we sort tomatoes:

In order to get beautiful, juicy, perfectly ripe tomatoes, farmers produce a lot of not so great tomatoes. We want you to get the best of the best but we don't let any go to waste. Here is how we decide how to sort tomatoes and how they will be offered to you.

Red (or Orange) tomatoes:

1st- Ripe or almost ripe, no holes or bug damage. No scars or bruises. Included in your share.

2nd – Called "Sauce Tomatoes". Almost ripe, some bug damage and scars. No bruises or gushing. Sold for \$2/lb.

3rd- Bruises, over ripe, open wounds. On "Free Table"

Heirloom Tomatoes:

1st- Ripe or almost ripe. Closed wounds and scars only. Small bruises. Included in your share.

3rd – Large bruises, over ripe. Open wounds. On "Free Table"

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Mexican Polenta-Stuffed Peppers, MoosewoodCooks.com **Veg, DF, GF**

5 large bell peppers (green, red, yellow, orange, or a combination)
1½ tablespoons olive oil sprinkling of salt
4 cups water
½ teaspoon salt
¼ teaspoon red pepper flakes (optional)
1 cup polenta cornmeal
1½ cups corn kernels

1 tablespoon olive oil or butter
1½ cups grated sharp Cheddar cheese
¼ cup chopped Spanish olives
1 16-ounce jar of your favorite salsa (Or make your own!)
1 15-ounce can of black beans, drained
¼ cup chopped cilantro (optional)



Preheat the oven to 450°

Cut the peppers in half lengthwise and remove the seeds, but leave the stem ends on so the peppers will hold their shape.

Brush the pepper halves with oil, inside and out, and sprinkle lightly with salt.

Place cut-side up on an oiled baking sheet and roast in the oven until tender but still holding their shape, about 15 minutes.

While the peppers roast, in a heavy saucepan, bring the water, salt, and red pepper flakes to a boil.

Add the polenta in a slow, steady stream while whisking; cook on medium heat, stirring often, until thickened.

Stir in the corn, oil or butter, 1 cup of the cheese, and the olives; remove from the

heat.

Fill the roasted pepper halves with the polenta mixture.

Sprinkle the tops with the remaining cheese and return to the oven for 5 to 10 minutes, until the cheese is melted.

Meanwhile, combine the salsa, black beans, and cilantro in a saucepan and bring to a simmer.

To serve, spoon some of the black bean salsa on each dinner plate and place one or two pepper halves on top.

Simple Fresh Salsa, **Veg, DF, GF**

3 tablespoons finely chopped **onion**
2 small cloves garlic, minced
3 large ripe **tomatoes**, peeled and seeds removed, chopped
2 hot chile peppers, Serrano or **Jalapeno**, finely chopped (remove seeds for less heat)
2 to 3 tablespoons minced **cilantro**
1 1/2 to 2 tablespoons lime juice
salt and pepper

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool.

Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors.

Makes about 2 cups of salsa.

