

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 4

August 1 & 4

## IN THE SHARE

- Potatoes
- 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, Sunflowers

### PINK:

Parsley, Basil, Statice, Snapdragon, Gomphrena

### YELLOW:

Sage, Winter Savory, Marigolds, Alyssum

### PURPLE (top of field):

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:

DIY Pickling: Beyond Cucumbers Workshop 8/18, 10:00am-12:00pm



Before



After

## Farm Notes:

Have you heard of *hugelkultur*?

*Hugelkultur*, or hill culture, is a sustainable farming practice that helps to both keep excess carbon from the air while feeding the soil. It is created by filling a trench with tree trunks, fallen branches, and leaves. Next the hill is covered with soil and compost. As the branches and leaves break down, they fertilize the soil.

After some development our hugelkultur bed is available this season as part of the PYO. It is currently full of cosmos, and the occasional zinnia. When you're coming thru the field gates, look toward the shed. That wide strip of beautiful bright orange flowers is ready to be picked.

## New in the PYO:

The dill in the red pick-your-own is flowering, which means it's time for pickling! To harvest cut the entire flower head off of the plant. Both the flower head and leaves can be added to the pickling brine.



## Produce Note:

We can reuse the green pint and quart containers. Take them home if you need to, but please return them to us when your finished with them.

### Stone Fruit and Tomato Salad **Veg, GF**

By Whole Foods

2 stone fruits such as nectarines, plums, peaches or apricots, halved and thinly sliced

1 large **tomato**, halved and thinly sliced

12 oz of burrata or fresh mozzarella cheese

½ teaspoon coarse sea salt

¼ teaspoon ground black pepper

1/3 cup loosely packed sliced fresh **basil**

2 tbsp chopped fresh **chives**

1 ½ tbsp. balsamic vinegar



On a large round or oval platter, alternate slices of stone fruit and tomato in concentric circles. Place cheese in the middle to slice and serve alongside the tomatoes and stone fruit as you go. Sprinkle with salt and pepper. Top with basil and chives and drizzle with vinegar. Serve immediately.

### 5 Great Ways to Prepare a Pint of Hot Peppers



**Pickled:** Have you tried jalapeño relish. Substitute finely diced hot peppers for cucumbers, and make a spicy condiment for your summer BBQ. Omit the seeds for less heat in your relish.

**Stewed:** Pair with your favorite fruit to make a chutney. Fresh peaches or canned whole cranberry sauce are good options.

**Stuffed:** Remove the stem but keep the pepper whole. Slice length wise in half and fill with a mix of cream cheese and shredded cheddar. Bake in a 400 degree oven for 15-20 minutes

**Roasted:** Easily peeled after roasting, remove seeds to dial down some of the heat. Add roasted peppers to omelets, salads, pastas, or salsa

**Blended:** Mix 2 hot jalapeños with, 6 cups fresh watermelon, 3 tbsp. lemon juice, and ½ tsp salt for a chilled spicy soup. (Let chill for 1 hour before serving)