

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 5

August 8 & 11

IN THE SHARE

“ / ” indicates a choice

- Garlic
- Summer Squash / Cucumbers
- Sweet Peppers
- Beans
- Tomatoes
- Cherry Tomatoes
- Ground Cherries

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro, Oregano, Thyme, Mint

ORANGE:

Zinnias, Celosia, Strawflower, Cosmos, Sunflowers

PINK:

Parsley, Basil, Statice, Snapdragon, Ageratum, 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

Farm Notes:

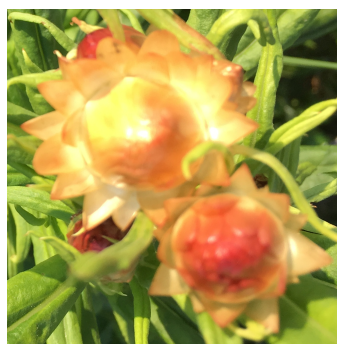
It's a busy week on the farm. Our first planting of cucurbits (squash, zucchini, and cucumbers) is done. On a large scale these plants yields well for 2-3 weeks in mid-summer before dying down. Now we are on to harvesting in the 2nd and 3rd squash and cucumber plantings. So the 1st plantings will be pulled out of the ground and replaced with the fall cover crop of daikon radishes.

Purple beans are here! These peculiar green beans, are purple outside and green on the inside. When cooked the outside fade to a brownish-green color. Look for them in the weeks to come.

Our ground cherry harvest is really picking up, and many folks are asking, "What is a ground cherry and how do I use it?" Ground cherries are related to tomatillos and tomatoes, but don't taste like either. They are a type of fruit, with a papery husk. Fruit that is ready to be picked falls to the ground first (thus the name ground cherries). Ripe fruit has a brown papery husk and an apricot color. Fruit that is not yet ready can be left in the husk to ripen at room temperature. Ground cherries are a versatile fruit that can be frozen for later, used in salsas, or baked into a crumble.

In the PYO:

Drying flowers is a great way to enjoy the PYO's beauty all year long. Strawflowers, statice, and gomphrena are ready to be picked now for drying. For strawflowers especially, the flower should be picked while it is still closed; it will continue to open after picking. Hang dry flowers in a dark dry place to retain color.



Closed strawflower ready to be picked for drying



Partially open strawflower best used for fresh flower bouquets.

Midsummer Corn Chowder

w/ Basil, Tomato **Veg, GF**

From Veganomicon

This recipe uses some of this week's share, and any stored leftovers from previous weeks.

6-8 servings (90 min)

6 ears fresh corn, husked
3 tbsp. olive oil
3 cloves **garlic**, minced finely
1 large onion, diced finely
1 stalk celery, chopped finely
1 large carrot, diced
1 pound potatoes peeled and diced
2 tsp **thyme**
2 quarts of veggie broth or water
1 pound **tomatoes**, seeded and chopped
1/3 cup fresh **basil**, chopped
Salt and Pepper to taste



On a large cutting surface, or into a large bowl cut kernels off of the ears of corn and set aside.

Preheat a large soup pot over medium-high heat.

Sauté the garlic in oil for 30 seconds, and then add onions.

Stir, cover, and sweat them for about 5 minutes.

Stir in the carrot and celery, cover and cook for another 2-3 minutes.

Stir in the potatoes, cover and cook for another 2-3 minutes.

Stir in the corn, cover and cook for another 5 minutes.

Add the stock, cover, and bring to a boil

Lower to medium heat and allow to simmer for 45 min

Turn off heat and ladle out 1½ cups of soup into a separate bowl.

Allow separated bowl of soup to cool enough to blend.

Blend into a puree and then add back to the remaining soup in the pot.

Put pot over medium heat. Add chopped tomatoes and basil.

Simmer for a final 10 min.

Serve and enjoy the taste of summer.