

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 6
August 15 & 18

IN THE SHARE

“ / ” indicates a choice

- Garlic
- Potatoes
- Tomatoes
- Cherry Tomatoes
- Squash/Cucumber
- Extra surprises

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED:

Dill, Cilantro, Oregano, Thyme, Mint

ORANGE:

Zinnias, Celosia, Strawflower, Cosmos, Sunflowers, Tithonia

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:

Say goodbye to the seedlings in the greenhouse. The greenhouse, currently home to the fall brassicas (broccoli, cauliflower, kohlrabi, cabbage) and lettuces, will soon become a storage facility for the fall. As the seedlings get transplanted in the field, the greenhouse will be cleaned out to prepare for the winter squash harvest.

You may hear the sound of the mowers in the field during your pickup. Due to all the rain, the grass is growing much faster than it normally would at this point in our season. We're doing extra mowing to keep our aisle easy to walk in, and prevent the grass from going to seed

In the PYO:

In the orange PYO Tithonia is finally in bloom. Also known as Mexican Sunflower, this red and yellow beauty can grow up to 6ft tall. In the next bed over, the sunflower is at 7ft and still growing. Get them both before they're out of reach.

We grow many varieties of basil, but this summer's picking has been limited so far. This year we tried growing basil from direct seeding into the field. It may have been our unique weather patterns this season or some other factor, but that basil hasn't germinated well. Still, if you walk down the basil row you will see a bit of lemon, purple, and Thai basil doing it's best to grow. These aren't ready to pick quite yet, but hopefully they will start to bush out in the next few weeks.

DIY Pickling: Beyond Cucumbers

It's the last week to sign up for the DIY Pickling: Beyond Cucumbers Workshop. Rachel Armistead of the Sweet Farm will be teaching this Saturday in the Program building. You will learn the step by step process and make your own pickles to take home. [Register Online](#). There are still spots available.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Potato & Egg Breakfast Bites Veg, GF

From Potatogoodness.com

Ingredients:

Nonstick cooking spray

1 lb., (3-5) **potatoes**, cut into 1/4-inch cubes

3/4 cup chopped onion

1/2 cup diced **bell pepper**

4 eggs

1/4 cup milk

3/4 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon pepper

1/4 cup finely crushed bread crumbs
(optional)



1. Preheat oven to 400°F and coat 12 muffin cups liberally with nonstick cooking spray.
2. Place potatoes, onion and bell pepper in a microwave-safe bowl. Cover with plastic wrap and poke a small hole to vent. Microwave on HIGH for 10 minutes or until potatoes are tender. Place equal amounts in muffin cups.
3. Whisk together eggs, milk and seasonings in a large measuring cup; pour equal amounts into each muffin cup and top with bread crumbs.
4. Bake for 12 to 15 minutes or until eggs are puffed and lightly browned. Let cool slightly, then loosen from muffin cups with a butter knife.

Garlic Herb Dipping Oil Veg, DF, GF

Take a sensory tour of the PYO, while gathering ingredients for this recipe.



1 clove of **garlic** peeled, but left whole

About 2 tablespoons of fresh herbs: **parsley, winter savory, oregano, thyme**

Extra virgin olive oil

Coarse Kosher or sea salt flakes

Freshly ground black pepper

Instructions:

If you have a bowl or raised edge plate with a rough texture, you can rub the garlic clove directly on the surface of the bowl. Alternatively, grate a little of the garlic onto your rimmed plate or bowl. Pour a generous amount of extra virgin olive oil over the garlic, at least ¼ cup, and then tear the fresh herbs into the oil. Sprinkle a couple of generous pinches of the salt flakes over the herbs and then grind fresh pepper over the oil. Serve with sliced or torn fresh, crusty bread. You can keep replenishing the olive oil and salt as it is depleted.