

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 7
August 22 & 25

IN THE SHARE

“ / ” indicates a choice

- Garlic
- Onions
- Tomatoes
- Peppers/Eggplant
- /Chard
- Cherry Tomatoes/
Tomatillos
- Cukes/Squash
- Hot Peppers

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,
Sunflowers,
Ageratum, Gomphrena

YELLOW:

Sage, Winter Savory,
Marigolds, Alyssum

PURPLE (top of field):

Wildflowers

GREEN:

Dill, Cilantro

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:

Guided Field Walk September 1, 10-11am (Free for CSA Members). Register Online
23rd Annual Harvest Celebration & Silent Auction September 15, 4-7 pm

Farm Notes:

Although we are not quite to fall, there are many changes signaling the end of the season. Our high school summer volunteers are enjoying a last week on the farm before it's time to go back to school, and we've had plenty of projects to keep them busy. We've pulled out the first planting of squash and cucumbers; ground cherries have been raked away, and the cover crops are starting to go into the ground. The team has transplanted kale, collards, leeks, and lettuces for the fall CSA season.

Cover crops are going in all over the farm, and the first tomato field will soon be taken over by daikon radishes. Radishes are a great cover crop, and put in plenty of work for the soil. Some but not all of the great benefits are:

- The thick roots leave large pores in the soil for water to penetrate, creating good surface drainage
- The leaves create a canopy that helps to suppress weeds and protect the soil from strong rain that causes erosion
- The deep roots pull nitrogen from layers that other vegetables can't reach
- They decompose quickly to add biomass to the soil
- As they break down the nitrogen is released and become available to the crops that follow



The “tuber” portion of the Daikon can grow over a foot long.

In the PYO:

The Green pick-your-own patch is open and home to a new batch of cilantro and dill ready for picking! To get to the Green PYO walk toward the program building and turn right. This patch is on the outside of the deer fence.

The cool weather has not slowed down the flowers at all. Another bed of sunflowers has started blooming in the Orange PYO. These are only around 4 ft tall right now, and are much easier to reach than the 7 ft giants across the aisle.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Mediterranean-Style Cashew-Cucumber Dip Veg, DF, GF

From Veganomicon

Ingredients:

- 1 pound **cucumber**, peeled, seeded and grated (about 1 ²/₃ cup, loosely packed)
- 1 cup raw cashews
- 2 large cloves **garlic**
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 3 tablespoons lemon juice
- Pinch of white ground pepper
- 1 tablespoon chopped **dill**



1. Squeeze grated cucumber over a bowl to remove juice. Set aside juice and place cucumber in a large bowl.
2. In a food processor combine cashews, lemon juice, half the grated cucumber, garlic, olive oil, oregano, salt and pepper. Blend until creamy, adding 1-3 tablespoons of the reserved cucumber juice to make a smooth “not-too-thick-hummus” consistency.
3. Add the mixture to the remaining squeezed cucumber; add dill and stir until well mixed.
4. Cover and chill until ready to use. (Optional: drizzle of olive oil and a few Kalamata olives)

What to do with tomatillos

Sweet and crisp, tomatillos are in the same family as ground cherries. They are yellow with a broken husk when fully ripe. To use, remove husk and rinse off the sticky residue in cool water. There are plenty of delicious ways to use them cooked or raw. Most recipes with tomatillos also include cilantro, so grab a handful from the PYO before you leave.



-Use in place of tomatoes for a green Pico de Gallo

-Slice thin and use on sandwiches

-Green Gazpacho! Tomatillos and cucumbers bring vibrant color to this classic chilled soup (no tomatoes needed).

-Dice and use as a topper to soups and chili

-Roast halved tomatillos with onion, garlic, and hot pepper; blend together with cilantro and a touch of lime juice. Use this warm, spicy, sweet sauce for veggies, meats, and enchiladas