

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2018 Week 8  
August 29 & September 1

## IN THE SHARE

“ / ” indicates a choice

-Garlic  
-Onions  
-Squash/Zukes  
-Arugula/Chard  
-Tomatoes  
-Okra/Cherry  
Tomatoes  
-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  
23<sup>rd</sup> Annual Harvest Celebration & Silent Auction September 15, 4-7 pm

**Hot Peppers For Sale!!** Take a bag home for drying and hot sauce making. **\$4/lb**

## Farm Notes:

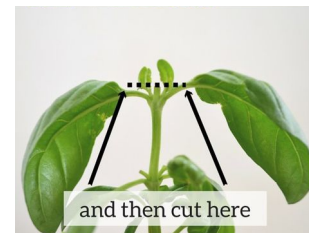
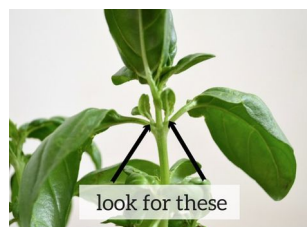
It's a warm and sunny week at the farm, which is just what we needed. Our newly seeded cover crops are off to a good start, and the heat has also pushed some of our slower crops into higher production. Okra, tomatillos, and eggplant are picking up speed. However, we are winding down the harvest on cucumbers and cherry tomatoes.

Believe it or not we are already in preparation for spring!! The creation of raised beds will provide good drainage if we have another wet spring. Anticipating and adapting to changes in climate is a practice called climate resilience.



## In the PYO:

There are a few sections of new basil in the Pink PYO. There you will find large and curly **Lettuce Leaf Basil**, slender leaf **Thai Basil**, **Purple Basil**, and **Lemon Basil**, along with the classic **Genovese Basil**. We are hoping these plantings will last thru October. You can help with that process by cutting basil in a way that keeps it growing. See steps below:



If you need help finding a particular type of basil just ask a staff to point you in the right direction.

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## End of Summer Gazpacho Veg, DF, GF

From Bon Appetit

### Ingredients

- ½ English hothouse **cucumber**, peeled, seeded
- 1 large red **bell pepper**, stemmed, seeded
- 1.5 pounds very ripe red **tomatoes**, preferably heirloom, cut into ½-inch wedges, 3 tablespoons seeds reserved
- ½ small **onion**, chopped
- 1 **garlic** clove, finely grated
- 2 tablespoons (or more) sherry or red wine vinegar
- Flaky sea salt
- 3 tablespoons olive oil, plus more for drizzling
- Quartered cherry tomatoes, chopped chives, and grilled or toasted country-style bread



1. Cut 2" of the cucumber into ¼" pieces and set aside for serving; coarsely chop remaining cucumber and place in a large bowl. Cut one-quarter of the bell pepper into ¼" pieces and set aside for serving; coarsely chop remaining bell pepper and add to bowl with chopped cucumber. Add tomatoes to bowl and toss with shallot, garlic, 2 Tbsp. vinegar, and 1 Tbsp. salt. Let stand 30 minutes at room temperature to let flavors meld.
2. Transfer tomato mixture along with any accumulated juices to a blender. Add 3 Tbsp. oil and purée on medium speed until smooth; season with salt and vinegar, if desired. Strain through a coarse-mesh sieve into a large bowl or pitcher and chill until cool, about 1 hour.
3. Divide gazpacho among bowls. Top with cherry tomatoes, chives, reserved cucumber and red pepper pieces, and tomato seeds; drizzle with oil and season with salt. Serve with bread alongside.
4. Do Ahead: Gazpacho can be made 1 day ahead; cover and chill.

## Arugula Pesto Veg, GF



- 2 cups of packed arugula leaves, stems removed
  - 1/2 cup of shelled walnuts
  - 1/2 cup fresh Parmesan cheese
  - 1/2 cup extra virgin olive oil
  - 6 garlic cloves, unpeeled
  - 1/2 garlic clove peeled and minced
  - 1/2 teaspoon salt
- **1 Brown the garlic:** Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins.
  - **2 Toast the nuts:** Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.
  - **3 Process in food processor:** Combine the arugula, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

(From Simplyrecipes.com)