

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 1
May 22 & 25

IN THE SHARE

“ / ” indicates a choice

- Plants: Parsley/Basil
- Lettuce
- Mizuna
- Spring Onions
- Turnips
- Mustard Greens/
Swiss Chard
- Kale
- Collards
- ... and more!

PICK-YOUR-OWN

Blue flag indicates
ready to pick.

RED: Lovage, Mint,
Oregano, Chives, Irises

ORANGE: Sorrel,
Lambs Ear, Parsley

PINK: Bachelor
Buttons

BROWN:
(Nothing Yet)

YELLOW: Sage,

Ask a Red Wiggler
staff for help finding
these in the PYO.

Welcome to Week 1

The 2019 CSA is here and things are looking beautiful this season! Due to the burst of warm weather, we are already into our 3rd week of harvesting. Our greenhouse is becoming more spacious as we fill our days with lots of transplanting. Take your time looking around the farm and enjoy seeing the changes as you come to pick up each week.

A few reminders:

- Please remember your bags each week.
- While we love our furry friends, please leave your dogs at home.
- Remember to DRIVE SLOWLY as you come down the driveway. We are a busy farm with lots of people coming and going both on and off foot.
- We clean all our veggies before they get to you but it is still important that you wash your veggies before consuming them.
- If at any point you cannot pick-up your share, you can send a friend instead. Any items not picked up will be sent to those in-need. We cannot accommodate switching pick-up days.

CSA Facebook Group: Share recipes, ask questions, post articles you think your fellow CSA members may be interested in. The page is located here: <https://www.facebook.com/groups/RWCFCSA/>. Once you are on the page, request to join.

What's that?



Mizuna is an Asian green commonly found in baby salad mixes. It has a slightly spicy flavor, similar to arugula but much milder. It is versatile and easy to incorporate in your cooking. When preparing, chop the leaf all the way down the stem- it's all flavorful and has a nice texture. Add to scrambled eggs, a quinoa salad, or toss in at the very end of a stir fry. The options are endless!



Lovage is an herb with a strong celery taste. A little goes a long way. Finely chop 3-4 leaves and add to egg salad, soups, stews, pickles, or potato salad.

Week 1 in the PYO:

Some of our herbs are being picked for the first time. Use the scissors provided to cut starting with the outside leaves and stems first, leave the smaller inside leaves to continue growing. We will have someone in the pick-your-own to help and answer any questions.

Please add just 1 **iris** or a few **bachelor buttons** to your bouquet to make sure there is enough for everyone. Leafy herbs such as **lovage** and **sage** can also be a nice addition to fill out a bouquet

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Arugula and Spring Onion Frittata thewashingtonpost.com

Veg, GF



8 large eggs, lightly beaten
1/3 cup regular or 2 percent milk
1/3 cup grated Parmesan cheese
1 tablespoon chopped **chives**
Salt
Freshly ground black pepper

1/3 cup extra-virgin olive oil

3 coarsely chopped **spring onions** (scallions), white and tender green parts only

4 cups **arugula**

Preheat the oven to 425 degrees. In a large bowl, whisk together the eggs, milk, Parmesan cheese, chives and salt and pepper to taste. Set aside. In a 10-inch nonstick, ovenproof skillet, heat 2 tablespoons of the oil over medium heat. Add the spring onions and cook until softened, 2 to 3 minutes. Add the arugula, cover the pan and cook for 1 minute. Remove the cover and stir the arugula just until it wilts. Add the remaining oil and increase the heat to medium-high. Let the oil heat for 1 minute, then pour in the egg mixture. Use a fork to evenly distribute the arugula without scrambling the eggs. Cook for 1 to 2 minutes without stirring until you see the edges just starting to cook. Transfer to the oven. Bake until the frittata has puffed and browned around the edges and is firm in the center, 8 to 10 minutes. To serve, slide the frittata onto a platter or invert the frittata onto the platter so the browned side is face up. Serve warm or at room temperature.

Kale and Wild Rice Salad

Veg, DF, GF

For the dressing:

3 tablespoon extra-virgin olive oil
1 tablespoon apple cider vinegar
1 tablespoon honey or agave
2 tablespoon lemon juice

1 teaspoon Dijon mustard
1 tablespoon chopped fresh **parsley**
Sea salt
Freshly ground black pepper

For the salad:

2 cups cooked unseasoned wild rice blend, cooled to room temperature
1 bunch **kale**, chopped
1 apple
1/4 cup dried cranberries

2 stalks of celery, diced
or 4 **lovage** leaves finely chopped
1 **spring onion**, thinly sliced



1. In a large bowl combine all the salad ingredients.
2. In a small bowl whisk together all of the vinaigrette ingredients.
3. Pour the vinaigrette over the salad and toss together just before serving.
4. Serve the salad cold or at room temperature.