

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 2  
May 29 & June 1

## IN THE SHARE

- Radishes
- Collards
- Lettuce
- Spring Onions
- Turnips
- Kohlrabi
- .... and more

## Plants for sale!!

### PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Chives, Irises, Cilantro, Dill

ORANGE: Sorrel, Lambs Ear, Parsley

PINK: Bachelor Buttons

BROWN: Bachelor Buttons,

YELLOW: Sage,

## Reminders:

- Please drive slowly when you arrive.
- Remember to clean your veggies before consuming them.
- Not receiving our e-mails? Contact [csa@redwiggler.org](mailto:csa@redwiggler.org)
- Join the FB Group: <https://www.facebook.com/groups/RWCFCSA/>

## Welcome to Week 2

We hope you enjoyed your first share of the season! It was great to see everyone's joyous reactions to the bounty of greens. There are many more bunches of kale, collards, and mustards to come, so please ask us for recipes or storage ideas if you need them.



## Farm Updates

Memorial Day weekend was warm and sunny, and our plants enjoyed the burst of energy. The lettuce has really taken off and peas are picking up as well. The fields are changing every day and we are using all the help we can get to keep up.

We've had a ton of support this month from a variety of volunteer groups. Over the past 4 weeks we've had over 75 volunteers from Potomac Middle School, Holy Cross High School, Seneca Valley High School, Norwood School, and Marriot International.

This is the last week with our volunteers from St. Andrews Episcopal School. 3 seniors selected Red Wiggler as the focus of their senior service projects and have been putting in long days helping us get the spring season started. We will certainly miss their hard work and energy when they are gone.

## Wash those Veggies!

Our produce goes through our wash station as soon as it's harvested. This process allows us to pick out bad leaves, cool the produce down before packing, and remove excess dirt. However, we can't get it all. Always wash produce just before using. Submerge leaves and stems in cool water, and use running water and hands to remove any grit.



## What's that?

**Kohlrabi** may be one of our strangest looking but most loved vegetables. Kohlrabi is great raw, steamed or roasted. A part of the brassica family, it is often described as a cross between a mild flavored broccoli stem and a crisp apple. With the greens detached the bulbs will store for a few weeks in the fridge, so don't worry about not using them right away. The peel is thick but entirely edible. Try it with and without skin and decide for yourself which way you like it.

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Both of the following recipes are adapted from the cookbook: *A girl and her greens* by April Bloomfield.

## Roasted Whole Hakurei Turnips

1 bunch **turnips** with stems and greens left on  
2 tablespoons Olive Oil  
2 teaspoons Coarse Sea Salt  
1 small bunch **parsley**, roughly chopped  
up to 1 tablespoon Red wine vinegar

Heat the oven to 425 F°. Cut turnips in half length wise leaving stems and leaves attached to each half. Wash turnips and greens by submerging in water. Then place under running water to remove all dirt and grit from between the stems at the base of the greens. Drain and pat dry.

Pour olive oil into an oven proof skillet and heat on the stovetop until just below smoking. Add turnips cut side down with the greens hanging over the side of the skillet. Cook for 5-8 minutes or until the cut sides are light golden brown. Remove skillet from heat, and sprinkle with salt and half of the parsley.

Tuck the greens into the skillet and roast in the oven for 20-25 minutes. The turnips should be very tender and the greens should wilt and then become crispy as they cook. While cooking turn turnips so that no side gets darker than golden brown.

Remove dish from oven, sprinkle with vinegar to taste, and top with the remaining parsley.

## Roasted Spring Onions with Sage Pesto

1 bunch **spring onions**  
Coarse/Flaky sea salt  
1/3 cup, plus 1 tablespoon olive oil  
1 small bunch **sage** leaves  
1 clove garlic  
3 teaspoons pine nuts, or slice almonds  
2 tablespoons grated parmesan  
Preheat oven to 350 F°.



Wash onions. Cut off the root hairs, and slice each onion in half lengthwise. Coat the bottom of a baking dish with 1 tablespoon of olive oil and place the bulbs cut side down. Roast in center of the oven for 15 minutes.

In a food processor combine sage, garlic, pine nuts, and 1 teaspoon of salt. Pulse a few times. Add remaining oil and mix until smooth, occasionally scraping down the sides.

Remove onions from oven and toss with pesto (You don't need to use it all. Save any extra for another dish). Return to the oven and cook for 10 more minutes or until onion bulbs are tender.