

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 3
June 5 & June 8

IN THE SHARE

“/” indicates choice

- Radishes
- Collards/Kale
- Lettuce
- Spring Onions
- Turnips
- Garlic Scapes
- Kohlrabi
- PYO Snap/Snow Peas
- and more

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Cilantro, Dill
Thyme, Mint, Oregano,
Chives, Lamb's Ear

ORANGE: Sorrel,
Lambs Ear, Parsley

PINK: Bachelor
Buttons, Cress

Green: Green Coriander
Seeds

YELLOW: Sage,
Winter Savory

Reminders:

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

Farm Updates

We're still assessing the damage after Sunday's storm. The thumbnail size hail came with such force that it punctured row cover, tore through the chard patch, and even cut down the garlic scapes for us!

However, Farm Manager, Melissa McLearen, felt more thankful than discouraged on Monday morning. "I'm feeling really grateful. The worst of the storm missed us. If we had been hit by the golf ball size hail that D.C. received, the damage would have been much worse."



After a walk thru the fields on Monday, it looks like the recently planted tomato and pepper plants will pull thru. Since the leaves were pretty damaged, we harvested chard to be used immediately. Luckily the chard was claimed right away, and 37 pounds have been donated thru Community Food Rescue and will be distributed to families in need at a local elementary school.



Pick Your Own PEAS!!

This week make some extra time for the PYO. We have 4 beautiful rows of snap and snow peas to be picked. Find your favorite, or mix and match. Bring a container to pick into and help yourself to a pint of peas per share. A RWCF staff will be up in the field to teach and help as needed.



What's that?

Garlic Scapes are a fan favorite around here. A scape is the flowering stem that grows from the center of the garlic plant. It is a signal that the garlic is almost ready to be harvested, and lucky for us it is also edible and incredibly delicious. Use it just like bulb garlic, but enjoy a milder taste. Finally, if you are too moved by the beauty of the garlic scape to eat it, you can even add it to a flower arrangement.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Garlic Scape Pesto **Veg, GF**

Enjoy on crackers, fish, pasta or just by the spoonful! Freezes well too.



5 Garlic Scapes
¼ cup slivered almonds
2 tbs Parmesan Cheese
A pinch of salt and pepper
6 tbsp olive oil

Rinse the scapes in cold water, then roughly chop them. Put the scapes, almonds, cheese, and seasonings in the bowl of a food processor, and process until fairly smooth -- about 15 seconds. With the machine running, slowly add the olive oil through the feed-tube, and process for about 15 seconds.

Taste carefully for seasonings — you might like to add more salt and/or pepper. For the best flavor, refrigerate the pesto for several hours (or overnight) before serving.

DIY Ranch Dressing **Veg, GF,**

With so many herbs in the PYO, you can get creative making every kid's favorite dip.

3 tablespoons chopped, fresh **Dill**
3 tablespoons chopped, fresh **Parsley**
3 tablespoons chopped, fresh **Chives**
2 **green onions** finely chopped
½ tablespoon Salt,
½ tablespoon Pepper
1 **garlic scape** finely chopped or 1 tablespoon garlic powder
2 ½ cups Plain Yogurt, (Dairy Free substitute: Silken Tofu blended with 1 tablespoon lemon juice)
[for a creamier version substitute a ½ cup of the yogurt for mayonnaise]

Measure the yogurt into a small bowl for mixing. Mix in chopped herbs, onions, and garlic scapes and stir until everything is well distributed. Add salt, pepper, and garlic powder (optional). Mix again and chill for at least one hour before serving (overnight is even better). Serve in a cup and garnish with additional chives.

Want a spicier ranch? Make a quick chipotle ranch dip:

Swap out the dill, parsley, and chives for a big handful of **cilantro**. Add the juice of half a lime, 1 chipotle chile in adobo sauce, plus 1 teaspoon of adobo sauce. Mix in a food processor or blender to make sure the chile is broken up and well distributed.