

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 4  
June 12 & June 15

## IN THE SHARE

"/" indicates choice

- Radishes
- Collards
- Kale
- Lettuce
- Spring Onions
- Turnips
- Arugula
- .... and more

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Cilantro, Dill  
Thyme, Mint, Oregano,  
Chives,

ORANGE: Sorrel,  
Lambs Ear, Parsley,  
Basil,

PINK: Bachelor  
Buttons, Cress

GREEN: Coriander  
Seeds

YELLOW: Sage,  
Winter Savory,  
Chamomile

## 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/>

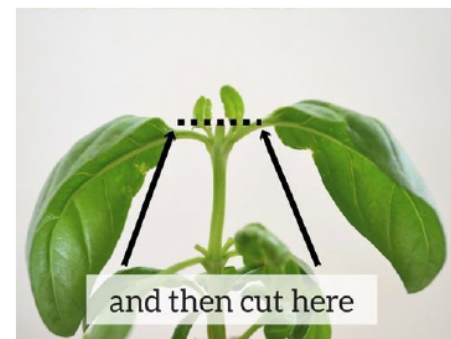
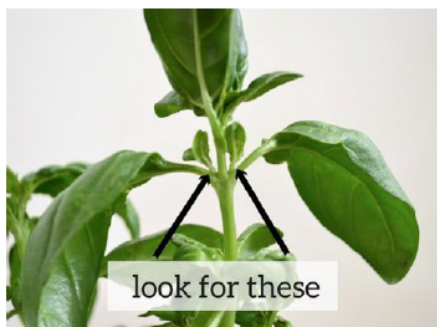
## Farm Updates

School's out as of this week and we expect to have our summer high school volunteers arriving soon. Meanwhile we're in a bit of a holding pattern as some of our vegetable are getting bigger, but aren't quite ready to harvest yet. The carrots seem to have stalled in growth and we're hoping a good weeding and thinning this week will give them the boost they need to beef up. White kohlrabi is also on the list of vegetables on hold. Hopefully a few more days of sun will keep the growth going. Our lettuce and leafy greens are still doing great, and the turnips are rolling in. There's no shortage of good roasting vegetables so try out a few of the recipes below.

## In the PYO

It's basil picking time! In order to have healthy basil plants for the whole season follow these guidelines:

- Only pick the basil rows marked with a blue flag. This helps us prevent disease from spreading
- Cut basil above the leaf nodes. The plant will grow bushier, giving us more basil to pick over time.



## What's that?

**Arugula Flowers** are a special treat both for arugula enthusiasts, and those who only enjoy an occasional bite of this spicy green. Though flowers signal the end of the arugula patch, they don't have to go to waste. Toss flowers into a salad for a dash of flavor, or top meats fresh off the grill with flowers in lieu of black pepper.



### Ginger and Miso Roasted Turnips, Yield: 4 servings **Veg, DF**

2 pounds of turnips, rinsed and cut into ½" cubes  
2 tablespoons white miso paste, divided  
2 tablespoons olive oil (or melted butter)  
1 tablespoon freshly minced ginger (or ¼ tsp ground ginger)  
coarse sea salt  
freshly ground black pepper

Pre-heat the oven to 400 degrees. Line a baking sheet with parchment paper. Set aside. Whisk together the miso paste, olive oil, and ginger in a bowl. Spread the turnips on the prepared baking sheet. Drizzle it with the miso-olive oil mixture. Give it a toss to make sure that all turnips are coated with the mixture. Place in the oven and bake for 25-30 minutes making sure to stir the turnips halfway through the baking process. They are finished when they can be easily pierced with a fork and have a bit of light golden brown color on the edges. Take them out of the oven, and sprinkle with a big pinch of black pepper. Taste for seasoning and add salt if necessary.

### Cinnamon Sugar Radish Chips from Pinch of Yum **Veg, GF, DF**



These cinnamon sugar radish chips are an easy and fun way to make use of fresh radishes! Eat alone for a snack or serve over Greek yogurt with honey.

10-15 radishes  
1 tbs. olive oil  
1/2 tbs. honey  
1-2 tbs. cinnamon sugar mixture

1. Preheat your oven to 350°F. Slice the radishes approximately ¼ inch thick, and put them in a microwave safe bowl. Microwave for about 30 seconds to soften them up. Drain any liquid. Add the olive oil, honey, and cinnamon sugar. Mix well to coat all of the radishes. Spread on a baking sheet lined with parchment paper. Make sure they are evenly spread out and not stacked on top of each other. Cook for 15 minutes at 350, then remove the radishes and flip them over. Reduce oven temperature to 225 and bake for another 20 minutes. You will notice they will begin to shrink in size and crisp up, which is a good thing! Remove from the oven, plate and serve.

### Turnip Fries **Veg, GF, DF**

Whether you're waiting for potatoes or just looking for a less starchy alternative, turnips are a great choice roasted, mashed, or baked into fries.

Pre-heat oven to 425°F  
Peel and cut turnips into ¼" matchsticks  
In a bowl, toss turnips with oil and spices  
Spread turnips in a single layer on a oiled baking sheet  
Bake for 30 minutes, turning halfway through the bake time  
Serve immediately with salt to taste

2 medium turnips  
1 tablespoon olive oil  
1/4 teaspoon ground paprika  
1/4 teaspoon garlic powder  
Pinch Cayenne pepper  
1/4 teaspoon salt or to taste