

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 5  
June 19 & June 22

## IN THE SHARE

"/" indicates choice

- Lettuce
- Kale/Collards
- Carrots/Beets
- Spring Onions
- Garlic Scapes
- Fava Beans/Kohlrabi /Turnips

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Cilantro, Dill  
Thyme, Mint, Oregano,  
Chives, Russian Sage,  
Bee Balm

ORANGE: Parsley,  
Basil, Snapdragons,

PINK: Bachelor  
Buttons, Cress, Zinnias,  
Nasturtiums

GREEN: Coriander  
Seeds

YELLOW: Sage,  
Winter Savory,  
Chamomile, Yarrow,  
Bee Balm

## 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

The heat has really picked up this week and we've increased our water breaks too. Warm days bring rainy evenings, and we don't mind. We haven't had to rely on irrigation too much this season due to the consistent rain fall.

There are only 2 weeks left in the spring CSA but our greens and lettuce are still going strong. We're gearing up for brassica free July. This is when we remove all our brassicas (kale, collards, mustard greens) from the fields in order to deter the harlequin beetles that are prolific in July. Next week we are going to have a **Brassica Bonanza**. The kale and collard field will be open as a pick-your-own for those who would like to pick enough to freeze and store for summer.

## A Special PYO Treat

This week we have coriander seeds available in the PYO! Coriander is the seed of the cilantro plant, and is very popular in Latin American and Indian cuisine. No garam masala would be complete without it. Feel free to harvest quite a bit of it.

Here are some tips to using coriander:

- Store dried coriander seeds in an airtight container in a dark cool place for up to 6 months.
- To get the best flavor toast the seeds first. In a dry frying pan over medium heat, toast seeds by stirring them constantly until the aroma is released. Remove from the pan to cool, then use dried, crushed, or ground into powder
- Use whole seeds for pickling or grind for use in a curry paste



## What's that?

**Nasturtiums** are a popular decorative addition to salads. Both the leaves and flowers are edible. They range from a mild peppery flavor to strongly spicy depending on the heat of the season. To harvest the blossoms cut just under the flower head. They also look and taste great on top of a cooked pizza.

# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Roasted Beets w/ Yogurt, Pistachios, and Coriander, Veg, GF

From New York Times Cooking

- 1-2 bunches of **beets** (greens removed)
- 3 tablespoons olive oil
- 1 teaspoon ground coriander
- Kosher salt and black pepper
- 2 teaspoons whole coriander seeds
- 2/3 cup plain full-fat Greek yogurt
- 1 tablespoon balsamic vinegar
- 1/4 cup roughly chopped roasted pistachios

Heat the oven to 400 degrees. Peel the beets, halve them, then cut each half into 4 wedges. Toss the beets with 2 tablespoons oil and the ground coriander on a rimmed baking sheet. Season generously with salt and pepper and spread out in an even layer. Roast, tossing once halfway through, until almost fully tender, about 25 minutes.

Meanwhile, toast the coriander seeds in a small skillet over medium, shaking the skillet, until golden and fragrant, 1 to 2 minutes. Set aside.

Season the yogurt with salt and pepper and spread it on a platter. Add the remaining olive oil and the balsamic to the roasted beets and toss to coat; season. Arrange the beets and their juices over the yogurt. Sprinkle with the chopped pistachios and toasted coriander seeds. Serve warm or at room temperature.



## Grilled Fava Bean Veg, GF, DF

From Marthastewart.com



- Chopped **mint** or **cilantro**
- Olive oil
- Salt and pepper
- Fava bean pods**
- Lemon juice and wedges

Stir together mint or cilantro, olive oil, salt, and pepper.

Grill fava bean pods directly on grates over high heat, turning, until charred, 10 to 12 minutes.

Let cool slightly. Sprinkle with additional mint or cilantro, lemon juice, and salt. Serve with the oil and herb sauce and lemon wedges.

(Only the beans inside are edible, so put the shells in your compost)