

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2019 Week 6
June 26 & June 29

IN THE SHARE

“/” indicates choice

- *Spring Onions*
- *Garlic Scapes*
- *Kale*
- *Collards*
- *Beets/ Carrots*
- *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
- Join the FB Group: <https://www.facebook.com/groups/RWCFCSA/>

Farm Updates

It's the last week of the spring CSA. It has been a beautiful and abundant season. We had incredibly warm days, ideally rainy weekends, and overall everything has done really well this season.

After 5 strong weeks, its finally time to say goodbye to the lettuce. The lettuce has been growing incredibly large and keeping everyone supplied with salads. However, the last patch of lettuce has started to bolt and has turned very bitter. Hopefully we will have just as much luck with our lettuce in the fall.

Turnips and beets are great vegetables that will keep while you use up this week's greens. Cut off the leaves from the bunched roots and use within 2 days. Store the roots in a bag and place in the crisper drawer for up to 2 weeks.

PYO Brassicas!

Pick your own Kale and collards this week. While there will be kale and collards in the share, additional greens will be available in the PYO for those who find it hard to say goodbye. We won't have cooking greens again until fall, so this is a great opportunity to blanch and freeze greens to keep over the next 2 months.

3 step blanching:

1. Bring a pot of salted water to a rolling bowl
2. Cook batches of chopped greens until al-dente (3-5 minutes)
3. With a slotted spoon shock greens in ice water to stop the cooking process



What's that?

Bee balm is a beautiful flower that can be enjoyed in a bouquet or in a cup of tea. This member of the mint family draws bees due to it's abundance of nectar. Steep 2 tablespoons of fresh petals for every cup of water for 15 minutes. Since petals are delicate water should be just under the boiling point.

Vegan Turnip and Chickpea Meatballs **Veg, GF, DF**

From ashleymadden.ca



½ cup raw buckwheat groats
3 **spring onions**, small diced
4 **garlic scapes**, minced
4 cups grated **turnip** (~2 medium turnips)
1 cup chickpeas (cooked or canned)
1 tablespoon ground cumin
1 teaspoon ground coriander
½ cup finely chopped **kale**

¼ cup rolled oats (gluten free)
2 teaspoon **fresh oregano**, finely chopped or 1 teaspoon dried
½ teaspoon Himalayan or sea salt
1 tablespoon lemon juice

1. Add the buckwheat to a small pot with $\frac{3}{4}$ cup water and a pinch of salt. Cover and bring to a boil, once boiling, reduce to a simmer (keeping covered) for 12-13 minutes. The buckwheat is cooked when all of the water is absorbed. Remove from heat and set aside.
2. Preheat the oven to 375°F and line a large baking sheet with parchment paper.
3. In a large sauté pan add the onion and garlic and sauté in 2-3 tablespoons of water for 5 minutes. Add water as needed to prevent burning.
4. Add the turnip, cumin and coriander and sauté for another 5 minutes, again, adding water as needed to prevent burning. Reduce the heat to low, cover, and cook until the turnip is tender. This will take about 20 minutes.
5. When the turnip mixture is cooked transfer to a large bowl. Make sure to drain and discard any additional liquid in the pan. Add all remaining ingredients to the bowl and mash well. Mash enough so that only a handful of chickpeas remain whole.
6. Using a 1-tablespoon measuring spoon scoop out a heaping spoonful of the mixture and form into a ball using your hands. Place on the baking sheet and repeat. You will get between 18-20 meatballs.
7. Bake for 30-35 minutes. The turnip meatballs are done when they are golden brown and firm to touch.

Brined and Roasted Veggies, **Veg, GF, DF**

Typically used when preparing meat, marinating vegetables in a brine adds flavor and lends to a crispier finish in the oven when roasted. Try this basic brine with carrots, beets, turnips and more.

2 quarts of water
4 tablespoons salt
1 tablespoon sugar
1 tablespoon of fresh **dill** finely chopped
1 tablespoon freshly **parsely** finely chopped

Bring all ingredients to a boil, and cook until the salt and sugar dissolve. Let brine cool, then soak vegetables for at least 2 hours at room temperature before cooking or overnight. Veggies can be brined whole (carrots), diced, or quartered (beets and turnips). Toss veggies in a small amount of oil or melted butter before roasting.