

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 1
July 10 & 13

IN THE SHARE

"/" indicates a choice

- Chard
- Zucchini/Summer Squash/
- Cucumbers
- Beets
- Onions
- Carrots

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Parsley,
Basil, Snapdragons,
Ageratum

PINK: Bachelor
Buttons, Cress,
Zinnias, Nasturtiums,
Cosmos, Dianthus

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

Reminders:

- Remember to clean your veggies!
- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>
- Please do not bring dogs, on or off leash, to your pick-up.

Upcoming Events:

Montgomery County Farm Tour & Harvest Sale 7/27 10am-3pm (Free!)

Welcome to the Summer CSA!

Throughout the session, the weekly newsletter will provide important information, tips, news about upcoming events, and recipes. If you have any questions or concerns at any point please feel free to ask at your pick-up or email CSA@redwiggler.org.



Farm Notes:

The waves of humidity, heat, and thunderstorms mean that our typical July summer has arrived. There may have been a week off for the CSA but the fields just wouldn't quit. The squash and cucumbers are pouring in and the cherry tomatoes are off to a slow but steady start. The start of the summer season means saying goodbye to some of our spring favorites that don't like the heat. Kale and collards are off the harvest list until fall along with lettuce and mustard greens. You'll see garlic hanging all around the barn since we just completed our garlic harvest. It will take a few weeks to dry and cure in order to become storage garlic that can last through the winter.

Compost Reminder: Don't forget to grab a compost bucket at pick up. Clean buckets with lids can be found next to the silo. Place your filled buckets inside the wood and wire hutch.

PYO HOW-TO REMINDER:

The Pick-Your-Own is full of bright, summery herbs and colorful flowers. Take some time to walk around to see what's changed.

- PYO areas are indicated with a tall colored flag.
- The small blue flags on each sign indicate what is available to pick.
- Pick as much as you will use keeping in mind that other people are also there to pick.
- Questions? Need help finding something? Just ask any of us in Red Wiggler shirts!

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Root and Summer Vegetable Hash Veg, GF

Clear out the old and add some new with this delicious breakfast dish.
Serves 2.

- 2 medium **turnips** diced
- 2 **carrots** diced
- 2 **beets** peeled and diced
- 3 **spring onion**, roughly chopped
- 1 clove **garlic** or 2 **garlic scapes**, finely minced
- 2 tablespoons olive oil
- 3 sprigs **parsley**, roughly chopped
- Pinch of salt and pepper
- 3 large eggs
- 3 sprigs **dill**, roughly chopped
- Feta cheese (for topping)

Directions:

In a high-sided skillet, cover beets, turnips and carrots with water and bring to a boil. Season with salt and cook until tender, about 7 minutes. Drain and wipe out skillet.

Place skillet over medium heat. Add olive oil, followed by onion. Let cook until fragrant, about 3 to 5 minutes. Add garlic and cook one minute more. Add beets, turnips and carrots. Sauté for 7-8 minutes, or until the vegetables caramelize. Add parsley and cook for 1 minute more

Make a small well in the middle of the vegetables and crack eggs in the middle.

Cover and let cook until eggs are set but yolks are still slightly runny, about 5 to 8 minutes. Remove from heat and top with feta and chopped dill.



Pesto Vinaigrette Veg, GF

Pesto can go on more than just pizza and pasta. Dress up your salad with this tasty vinaigrette from layersofhappiness.com.



- 1 cup tightly packed fresh **basil** leaves, stems removed
- 1 cup tightly packed fresh flat leaf **parsley** leaves, stems removed
- 2 cloves **garlic** or 4 **garlic scapes**, minced
- 1/2 cup olive oil
- 2 Tablespoons red wine vinegar
- 1 Tablespoon Dijon mustard
- 1 teaspoon salt

Combine all the ingredients for the vinaigrette in a high powered blender and blend for 60 seconds until very smooth. Taste and adjust salt and pepper as needed. Use immediately or refrigerate the vinaigrette for up to 5 days.