

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 2

July 17 & 20

IN THE SHARE

"/" indicates a choice

- *New Potatoes*
- *Cherry Tomatoes*
- *Cucumbers/Eggplant*
- *Zucchini/Summer Squash/*
- *Red/Heirloom Tomatoes*
- *and more*

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Parsley,
Basil, Gomphrena,
Ageratum

PINK: Strawflower,
Cerinthe, Zinnias,
Phlox, Cosmos,
Dianthus

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

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!)

Farm Notes:

We are harvesting everyday of the week as the summer produce rolls in. Every vegetable has a different process, training, and required tool. With so much to harvest, there is a vegetable to match every skill level.

Harvesting cherry tomatoes may be one of our most accessible jobs. A great place to include everyone, cherry tomato picking requires no heavy lifting, tools, or bending. It even includes a snack (you get to eat the ones that are split on the vine).

Potatoes are another "all-hands-on -deck" kind of harvest. After the tractor passes thru the aisle and uproots the plants, teams of two start digging and filing crates full of potatoes. We had a great harvest and are excited to have potatoes in the share this week.

What's the big deal about "new" potatoes? For potato lovers, news of new potatoes inspires visions of rosemary roasters, boiled and buttered spuds, and lightly dressed potatoes on a Nicoise salad. New potatoes have a delicate skin and are much sweeter than their storage counter part since their sugars haven't converted to starch yet. Want to make them last? Store potatoes away from dry onions, and wash potatoes just before using them.

Get to know your: Cherry Tomatoes

Tomatoes are the crop we grow with the highest number of varieties. Along with having a fun selection of flavors, the diversity helps control pests and disease, and lowers the risk of crop failure. This year we are growing **Black Cherries** (purple), **Yellow Minis** (actually quite large), **Sungolds** (orange and super sweet), and **Supersweet One Hundreds** (the classic red cherry tomato). Hopefully there will be many more weeks of cherry tomatoes to come. Try them all! Would you prefer a mix of all the varieties? -Just ask a Red Wiggler staff at pick-up and we'll make a mix for you.



Zucchini Carpaccio **Veg, GF**

Thank you to our weekly volunteer who shared this favorite recipe. Keep your kitchen cool with this quick summertime side.

1 pound **zucchini**
3 tablespoons olive oil
1 tablespoon fresh lemon juice
Salt and Pepper
6-8 **basil leaves**
¼ cup shredded parmesan cheese
¼ cup pine nuts or walnuts (optional)
Mandolin slicer or vegetable peeler



Directions:

1. Cut the zucchini into thin slices. For rounds use a mandolin to make 1/16" slices. For long strips use a vegetable peeler to create thin strips. Place Zucchini in a bowl.
2. Finely chop basil and add to the zucchini along with the olive oil, lemon juice, and salt and pepper to taste. Toss gently
3. Spread onto a serving plate and sprinkle the cheese and optional nuts on top.

Roasted Cherry Tomatoes **Veg, GF, DF**

Worth the effort to roast, these already sweet tomatoes take on an even deeper flavor with a quick roast. Use the final product as a side dish or condiment; scramble them into your eggs, or add a smear of them to your bagel and cream cheese.



1 pint of **cherry tomatoes**
¼ cup **basil** leaves, stems removed, and roughly chopped
1 clove of **garlic** or 2 **garlic scapes** finely chopped
Olive Oil
Salt and Pepper

Preheat oven to 400 and prepare a sheet pan with oil or non-stick cooking spray. Cut tomatoes into halves. In a bowl or directly on the sheet pan toss together tomatoes, garlic, basil, salt, pepper, and a drizzle of olive oil. Roast for 20-25 minutes, or until skins are wrinkled and tomatoes are fragrant and soft.