

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 3

July 24 & 27

IN THE SHARE

"/" indicates a choice

- Potatoes
- Cherry Tomatoes
- Garlic
- Carrots
- Cucumbers
- Red/Heirloom Tomatoes
- Okra/Peppers
- ...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, Sunflowers

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

YELLOW: Sage, ,
Yarrow, Marigolds,
Rudbeckia

GREEN: Dill

THIS SATURDAY: Montgomery County Farm Tour & Harvest Sale 7/27 10am-3pm

This Saturday and Sunday farms all over the Montgomery County Agricultural Reserve will be open to the public for the 30th Annual Farm Tour & Harvest Sale. Red Wiggler will be open on Saturday only from 10am-3pm for tours, interactive activities, and a farm market. All are welcome.

Check out redwiggler.org/events for more details.

Farm Notes:

Cooler days have blown in and we're enjoying the relief and the rain. Even some summer crops struggle with the heat, and that seems truest for our string beans this year. Last week's heat wave was ill timed for our first patch of beans, so we're hoping the next patch has a better showing.

There's plenty to do this week even with bean picking off the list. We're preparing for farm tour with more harvesting, and farm beautification (a.k.a. extra weeding). We hope to see you and your neighbors at the farm tour this weekend.

Goodbye Onions, Hello GARLIC!

The garlic drying in the barn is finally ready, and we are very excited. What makes our garlic so special? We plant a variety called Music. It is special because

1. The cloves are very large.
2. The garlic is very "garlicky"

This means you can use fewer cloves in your recipes and still get a lot of flavor, or turn every dish into a garlic lover's dream. Don't say we didn't warn you.

Garlic is our longest growing crop. It is planted in October and harvested in July. After drying the garlic will store through January under good conditions. Store garlic in a cool, dry, well ventilated area. We do not recommend storing it in the fridge, as it is more likely to sprout. Yes, we are done with onions for the summer CSA, but they will return with cooler weather and hopefully fill out our fall shares.

In the PYO: Where's the flag??

If you've ever see a bed in the pick-your-own without a sign or blue flag, you've probably wondered why. Even if an area looks ready to pick, check for the small blue flag attached to the sign. Often we are trying to establish a perennial bed, allow an area to go to seed, or prevent disease spread.

If an entire bed is ready, we may put the blue flag on the number sign at the start of the bed, so look out for that as well.

Wondering if the bed you want to pick is ready? If you don't see a blue flag but think you should, let us know. We may have missed a bed or lost a flag to the wind, and we're happy to re-flag it.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Can't decide between okra and sweet peppers? Maybe these two recipes can help you choose?

Cucumber and Green Pepper Salad **Veg, GF**

Serves 4-6



Vinaigrette

1/4 cup olive oil
2 Tbsp red wine vinegar
1 Tbsp lemon juice
1 clove **garlic**, minced
1 tsp dried oregano
1/2 tsp salt
Freshly cracked pepper

Salad

2 **cucumbers**
4 small **tomatoes**, 2 medium sized, or 1/2 pint **cherry tomatoes**
1 **green bell pepper**
1/4 bunch **parsley**
1/4 cup feta cheese

Prepare the vinaigrette first. In a small bowl whisk together the olive oil, red wine vinegar, lemon juice, garlic, oregano, salt, and some freshly cracked pepper. Set the dressing aside to allow flavors to meld.

Peel the cucumbers if desired. Dice the cucumbers, tomatoes, and bell pepper. Pull the parsley leaves from their stems, then give them a rough chop. Crumble the feta cheese.

Place the cucumbers, tomatoes, bell pepper, parsley, and feta in a large bowl. Pour the dressing over top, and toss to combine. Serve immediately or refrigerate until ready to eat.

Orange Balsamic Roasted Okra **Veg, GF, DF** From theendlessmeal.com

1 pint **okra**, cut in half lengthwise
1 teaspoon olive oil
1/2 teaspoon sea salt
Zest and juice from 1 orange
1 1/2 tablespoons balsamic vinegar
1 tablespoon honey
1/2 clove **garlic**, very finely minced



Preheat your oven to 450 degrees. Line a baking tray with parchment paper. Toss the okra with the olive oil and sea salt and spread them out on the prepared baking sheet in a single layer. Roast the okra for 25 minutes.

While the okra is roasting, prepare the glaze. In a small frying pan over high heat add the orange zest, orange juice, balsamic vinegar, honey, and garlic. Bring it to a boil and let it boil rapidly, whisking occasionally until it has reduced by half, about 5 minutes. If it reduces a little too much, just add another splash of orange juice or water. Once the okra is nicely browned remove it from the oven and toss it with the orange glaze.