

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 4
July 31, August 3

IN THE SHARE

"/" indicates a choice

- Potatoes
- Cherry Tomatoes
- Garlic
- Cucumbers
- Red/Heirloom Tomatoes
- Hot Peppers
- ...and more

Canning Tomatoes for sale \$2/pound!!

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lavender, Dill, Cilantro, Chives, Rosemary, Thyme

ORANGE: Parsley, Basil, Gomphrena Ageratum, Sunflowers,

PINK: Strawflower, Cerinthe, Zinnias, Basil, Tulsi, Cosmos, Dianthus

YELLOW: Sage, Yarrow, Marigolds, Rudbeckia

GREEN: Dill

Reminders:

- Remember to clean your veggies!
- Please do not bring dogs, on or off leash, to your pick-up.

Upcoming Events: Waredaca Charity Night 8/22, 4-8pm

Help us raise money, while enjoying a pint and supporting Red Wiggler!

Location: Waredaca Brewing Company 4017 Damascus Road Laytonsville, MD



Farm Notes:

Take a walk through the PYO at any moment of the day, and you may think we've turned into a butterfly farm. Though the heat is building again this week, it's truly beautiful outside with flowers blooming, tomatoes ripening, and butterflies flitting about in every row.

We had over 200 visitors come to the farm tour last weekend, so thank you for all telling your friends. Additionally, if you've been bragging about the great produce you've been getting, but are not inclined to share your own; you can invite anyone to the Leisure World market. We will be there every Thursday in August from 9-11am in the Interfaith Chapel parking lot: 3680 S Leisure World Blvd, Silver Spring. It's open to the public; just tell the folks at the gate you're going to the farmer's market.

In the PYO: Tea Time

A cup of hot tea is probably the furthest thing from your mind on these hot days, but this is a great time to prep for winter. Maybe just thinking about winter will help cool us down. We have 3 great tea herbs ready to pick in the PYO:

Tulsi: Also known as holy basil, this calming herb is also known to help with coughs and sore throats.

Lemon Balm: A member of the mint family. Use this balm to calm upset stomachs and as sleep aid.

Lemon Basil: A mild basil flavor with a citrus boost. Pairs well with black tea.



All of these can be dried easily at home with a paper bag and a bit of string. Put a few holes near the top of the bag, put the herbs inside with a bit of stem hanging out of the bag. Tie the string around the stems and bag to hold them together, leaving enough string to hang. The ideal hanging place is warm and dry, but dry is the most important. Try a bedroom closet or the pantry.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Gazpacho Veg, GF, DF

This classic chilled Spanish soup is great for lounging by the pool, or next to the fan. We found this one on Theendlessmeal.com Serves 4-6

Ingredients:

- 2 pounds very ripe **tomatoes**, cored and cut into chunks
- ½ large **cucumber**, peeled, seeded, and cut chunks
- ½ large red onion, peeled and cut into chunks
- 1 clove **garlic**, peeled and smashed (add another if you're a big garlic fan)
- 1 **jalapeño pepper**, cored, seeded and cut into chunks
- 1 1/2 teaspoons kosher salt, plus more to taste
- 3/4 cup extra-virgin olive oil, plus more for serving
- 2 tablespoons vinegar (apple cider, sherry, or red wine vinegar works well)
- 2 tablespoons finely minced **chives**
- Freshly ground black pepper

1. Put all veggies in a large bowl and toss with salt. Let sit on your counter for about a half hour, or till the veggies have released a lot of their liquid.
2. Separate the veggies from the liquid, reserving the liquid. Place veggies in the freezer for at least a half hour, or until they are partially frozen.
3. Remove from freezer and let thaw completely.
4. Combine veggies, reserved juice, oil and vinegar in a large bowl. Ladle into a blender, working in batches if necessary, and blend on high until quite smooth. Pour into a large bowl and whisk to combine the different batches. Serve immediately or chill for up to 24 hours.
5. Serve with extra vinegar, olive oil and a sprinkle of chives, and pepper.

Classic Pico de Gallo Veg, GF, DF

With a little patience for fine chopping this easy dip will be the favorite in your repertoire. Mexicanfoodjournal.com

- 4-6 small **tomatoes**
- 1 medium white onion
- 12 **cilantro** sprigs
- 2 hot peppers
- 1 key lime
- Sea Salt to taste ½ to 1 tsp

Cut the tops off of the tomatoes, then cut lengthwise and scoop out the seeds and pulp (save it for your gazpacho).

Cut the tops off the jalapeños, then cut lengthwise and remove seeds and veins

Remove the cilantro leaves from the stems, and discard the stems. Dice the tomatoes into ¼ inch pieces and chop the peppers, cilantro, and onions as finely as possible.

Mix all ingredients together in a bowl with lime juice and salt. Let chill for 1 hour, then enjoy!

