

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 5
August 7, August 10

IN THE SHARE

"/" indicates a choice

- Potatoes/Carrots
- Cherry Tomatoes
- Garlic
- Cucumbers
- Red/Heirloom Tomatoes
- Hot Peppers/Ground Cherries/Tomatillos
- ...and more

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

24th Annual Harvest Celebration & Silent Auction: September 7 from 4-7pm

Live music, food trucks highlighting Red Wiggler veggies, local beverages, a market, and a fun silent auction. Tickets include food and your first beverage.

Farm Notes:

The nutrients and amendments we used to prepare the soil in the spring, are really paying off. While we saw this with the kale and collards this spring, we're seeing it even more with our cucumbers. Along with the distribution to CSA members, we've also been able to send more than 160 pounds of cucumbers to local food banks, and group homes. We're hoping to donate even more as the cucumber season rolls on.

The tomatoes are in a transition phase. We plant multiple successions so that when one planting starts to slow down or get disease, we can move on to the next. We're checking each day to see when the first planting finally calls it quits. However, the next plantings haven't quite reached their peak, so poundage may slow down a bit. Luckily cherry tomatoes are still coming in strong.

Inspiration from the PYO

Storing herbs in salt is a great way to preserve summer flavor at its peak, for the months to come. This technique is great for **sage, cilantro, dill, parsley**, and even **basil**. Use coarse salt (kosher or pickling salt) without iodine, and start with clean dry herbs.

We recommend 2 methods



Layer Method: In a glass jar alternate layers of fresh herbs (coarsely chopped) and salt until the jar is full. Refrigerate. It's that easy. To use, remove a leaf and brush off the salt. The salt will also become flavored over time

Grinding method: Use a ratio of 1-part salt to 4-parts herbs. Pulse salt and herbs together in a food processor until well mixed. Store in a glass jar in the fridge for up to 4 months. Use as a salt substitute or a rub.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Quick Pickles Veg, GF, DF

This pickle makes a great snack or sandwich topper. With so many herbs growing on the farm, feel free to get creative and find your own signature pickle flavor. Adapted from seriouseats.com

Ingredients:

- 2 **cucumbers**, thinly sliced (about ½ pound)
- 1 cup water
- 1 cup distilled white vinegar
- 1/2 tablespoon kosher salt
- 1 pinch sugar
- 1 **hot pepper**, roughly chopped
- 2 medium cloves **garlic**, roughly sliced
- 2 teaspoons (6g) black peppercorns
- 2 teaspoons (6g) whole yellow mustard seed
- 2 sprigs fresh **dill**

Place cucumber slices in a bowl that just fits them.

Heat water, vinegar, salt, sugar, hot peppers, garlic, black peppercorns, mustard seed, and dill in a skillet over high heat until salt has dissolved and mixture is simmering.

Immediately pour brine over cucumbers. Cover bowl with a paper towel pressed directly against the surface of the liquid to keep cucumbers submerged.

Wait at least 30 minutes before serving (do not drain brine). Pickles can be stored in their brine in a sealed container in the refrigerator for up to a month.

Salsa Verde Veg, GF, DF

With a blender, there is no dip easier than this quick tomatillo salsa.

- 1 pint **tomatillos**, husked and washed
- 1 clove **garlic**
- 1 bunch of **cilantro**
- 1 **jalapeño** or another green **hot pepper**
- salt



Cut the tomatillos into quarters, and the garlic into smaller pieces.

Chop cilantro (leaves and stems) to prevent binding in the blender.

Cut the stem off the jalapeño, and cut into large pieces, leaving the seeds attached.

Add to blender with a generous pinch of salt, and blend to a coarse puree. Salt to taste and enjoy.