

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 6
August 14, August 17

IN THE SHARE

“/” indicates a choice

- Potatoes/Carrots
- Cucumbers/Squash
- Tomatoes
- Hot Peppers
- Cherry Tom/
Tomatillos
- Chard/ Sweet Pot
Greens/ Beets
...and more

PICK-YOUR-OWN

Blue flag indicates
ready to pick.

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

ORANGE: Parsley,
Basil, Gomphrena
Ageratum, Sunflowers,
-Ground Cherries-

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

YELLOW: Sage,
Yarrow, Marigolds,
Rudbeckia

GREEN: Dill, Cilantro

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

Location: Waredaca Brewing Company 4017 Damascus Road Laytonsville, MD

What to bring: snacks and games.

Buy a pint and support Red Wiggler! (non-alcoholic drinks also available)

Farm Notes:

There's only 2 more weeks in the summer CSA. We are already appreciating the cooler mornings and evenings, and so are our fall transplants. We've been finding windows between harvests to plant the kohlrabi, leeks, kale, collards, beets, and turnips that will be apart of the fall shares.

We're down to our last two rows of white potatoes. Once we get those out of the ground we'll turn our attention to sweet potatoes. Until then we'll keep harvesting the sweet potato leaves. This unique leafy green is one of the few that grows well in the summer heat, and it has a nutritional value as high as it's yield. According to prevention.com, these greens have significantly more B6, riboflavin, and vitamin C than actual sweet potatoes. They can be sautéed, braised in coconut milk, mixed into curries; and with a milder taste than chard or spinach, easily added to smoothies.



PYO Ground Cherries

We're closing in on the end of ground cherry season. Instead of simply pulling them out of the ground we'd like to open them up for picking. For ripe ground cherries: harvest by gently shaking the plant and collecting whatever falls or what is already on the ground. The dry brown paper houses the ripe orange fruit. If you've got a little more patience you can pick the green fruit off the plants and leave them on your counter to ripen in their husks.

Ideas for use (from Smithsonian magazine)

- 3G-Salad: Greens+ Ground Cherries+ Goat Cheese
- Add to salsa verde or make ground cherry salsa
- Substitute for pineapple in an upside down cake or mix with plums for a tart
- Cook with sugar for a quick jam with toast, or for an ice cream topping.
- Cherry Caprese: Add ground cherries to cherry tomatoes and mozzarella

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Southern Style Cucumber Salad **Veg, GF, DF**

What makes it southern? Sugar... and it's worth it. From Juliasimplysouthern.com

Ingredients:

- 1/2 c White Vinegar
- 1/2 c Hot Water (from the faucet)
- 2 tablespoon Granulated Sugar
- 1 tablespoon Kosher Salt
- 2 Large **Cucumbers**
- 1/2 Vidalia Onion, thinly sliced
- Cracked Black Pepper, to taste (optional)
- 1 tsp Chopped Fresh **Dill** (optional)

Start with the brine: In a large bowl whisk vinegar, hot water, sugar, and salt together until everything is dissolved

While allowing dressing to cool, peel and thinly slice cucumbers into rounds (1/4" or less). Peel and thinly slice onions.



Add cucumbers and onions to brine. Add cracked black pepper and fresh dill if desired. Cover and refrigerate one to three hours.

Use a slotted spoon to remove salad from brine mixture before serving.

Sautéed Sweet Potato Greens **Veg, GF, DF**

From thebittenword.com

- 1 bag **sweet potato greens** (about ½ pound)
- ½ sm white onion, diced
- 2 Tbsp extra-virgin olive oil
- Salt and pepper
- 1½ Tbsp maple syrup.

Remove sweet potato leaves from stems and set aside. Roughly chop the stems.

Heat olive oil in medium-sized pan over medium high heat. Add onion and sauté until just softened, about 3 minutes. Add stem pieces and sauté until tender, about 5 minutes.

Add leaves, salt and pepper to taste, and maple syrup. Sauté until leaves are wilted, about 2 minutes.

Serve.