

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2019 Week 7  
August 21, August 24

## IN THE SHARE

"/" indicates a choice

- Potatoes
- Garlic
- Cucumbers
- Squash
- Tomatoes
- Beets
- ...and more

## For Sale

2nds Tomatoes \$1/.lb

Potatoes \$3/.lb

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

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

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

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** Buy a pint and support Red Wiggler!  
Location: Waredaca Brewing Company 4017 Damascus Road Laytonsville, MD

**Field Tour: August Sat 24<sup>th</sup> 10 am** Join us for a 1-hour field tour. Open to the public. RSVP required. Free for CSA members! Contact [Darlene@redwiggler.org](mailto:Darlene@redwiggler.org) for more information.

## Farm Notes:

### *It's the last week of the Summer CSA!!*

As the days grow shorter we turn our attention away from summer crops and on to the hardy greens that will thrive in the cool days of fall, and hopefully survive the winter to be harvested in spring. Some fields are being seeded with cover crops to give the fields a rest and return nutrients to the soil that has so abundantly provided this season.

## All About Squash

Zucchini is plentiful in the summer. It grows great in our region, can be found in many backyard gardens, and can be left as gifts on many porches when the neighborhood gardener is overwhelmed by the yield. However, this commonly seen green summer squash can overshadow the many other tasty varieties. Consider trying...

<i>Romanesco</i>	<i>Patty Pan</i>	<i>Zephyr</i>
		
A traditional Italian heirloom beloved for it's nutty flavor and good texture	Great roasted, grilled, or stuffed with the texture and flavor of a winter squash	Close in flavor to yellow squash with a firm texture that holds up well in stir-fries.

## In the PYO

Picking your last bouquet this week? Get some flowers that will last. We have plenty of flowers that dry well, hold their color, and even keep their scent for months. **Gomphrena**, **Strawflower**, and **Salvia** are the easiest to dry. Hang upside down to keep the stems straight and sturdy. Need help finding these? Ask a Red Wiggler staff for help.

### Summer Squash and Basil Soup **Veg, GF, DF**

This soup can range in color from pale to bright green depending on your squash choice.

Adapted from: Feasting at Home

- 1 medium onion, diced
  - 2 tablespoons olive oil
  - 2 **garlic** cloves, chopped
  - 1 pound sliced **summer squash** (3 med sized squash)
  - 2 cups water or veggie stock
  - $\frac{3}{4}$  tsp salt, more to taste
  - cracked pepper to taste
  - $\frac{1}{2}$  tsp white vinegar
  - 1 cup fresh **basil** leaves, packed, plus more for garnish (or substitute **cilantro**)
- Optional garnish: plain yogurt or sour cream



1. In a medium pot, heat oil over med-high heat. Add onion and sauté for 2-3 minutes until tender. Add chopped garlic, turn heat to medium low, and continue sautéing for 3-4 minutes.
2. Add sliced squash and water (or stock), salt and pepper.
3. Bring to a simmer over high heat, cover, turn heat down to med-low, and simmer 15 minutes, stirring halfway through. After 15 minutes check to see that the squash is fork tender.
4. Remove from heat and let cool for 10-15 min. Blend in batches until very smooth, adding the fresh basil directly into the blender with the soup\*  
Return to the pot. Stir in vinegar, adjust salt if necessary. Serve in bowls, garnish with basil ribbons. For extra richness add a swirl of plain yogurt, or sour cream,

*\*Always be careful blending hot soup in a blender, fill only halfway full and start on slowest speed. Hold lid down with a kitchen towel firmly while blending.*

### Grilled Squash Caprese Boats **Veg, GF,**

Homecookingmemories.com

Heat grill on medium heat. Cut squash in half lengthwise. Using a small spoon, scrape out just a bit of the flesh, to create a well leaving about 1/4" from the edge intact. Brush the cut side of the squash with olive oil and season with salt.

Place squash, cut side down, on the grill at an angle. Continue cooking until the squash is charred and beginning to soften, about 10 minutes. Turn squash over, laying it in the same direction as the lines on the rack, as this will help to cradle each boat. Place 2 mozzarella strips into the well area of each boat.

Top the mozzarella with about tomato pieces. Cover the lid on the grill and continue cooking until the cheese is melted. After the cheese is melted, remove your squash boats carefully from the grill.

Before serving, sprinkle with your basil ribbons and a drizzle of balsamic vinegar if you wish.

- 2 **summer squash**
- 1 tablespoon olive oil
- Salt
- 3-4 ounces mozzarella cheese (cut into 8 strips)
- 8 **cherry tomatoes** (cut in half)
- 4 leaves **Basil** (cut into thin ribbons)