

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2020 Week 1
May 20 & 23

IN THE SHARE

- Popcorn
- Lettuce
- Radishes
- Rhubarb
- Hakurei Turnips
- Spring Onions

Choice

- Plants for your garden

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Chives, Oregano

ORANGE: Sorrel, Parsley, Lambs Ear

PINK: Bachelor Buttons

BROWN: Bachelor Buttons

YELLOW: Sage, Winter Savory

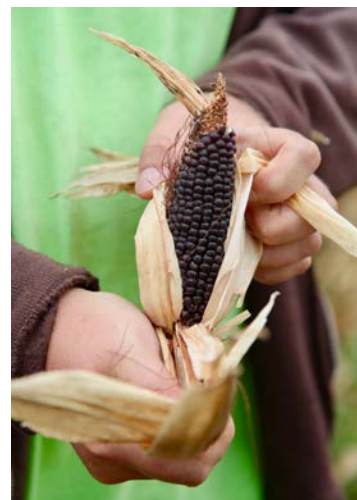
Ask a Red Wiggler staff for help finding these in the PYO.

Welcome to Week 1



The 2020 CSA is here and things are looking beautiful this season. The first harvest of spring turnips turned out great. Sauteed, tossed in a salad, or the feature crudité, there's no wrong way to enjoy a hakurei turnip. The greens are also good; toss them into your next stir-fry or any dish that needs a little green. Cut the greens off the turnips before refrigeration for better storage.

Surprised to see popcorn in the share? After a fall harvest and a winter of drying, the popcorn has been tested and is ready to pop. These aren't your average kernels. We grew heirloom red and black varieties of popcorn. They pop with a mix of white and grey shades and retain the red and black kernel color inside.



This week's choice is an opportunity to make yourself a pick-your-own at home. There are some crops and varieties we are not growing on the farm this season. This is a great opportunity to grow your favorites at home. Other plants in the choice we've already planted on the farm, but we think you may want more of your very own.

Choose from several plant options:

- Sweet Peppers
- Hot Peppers
- Ground Cherries (not grown on farm)
- Tomatillos (not grown on farm)

In the PYO: Chive Time

Tender tubular stems of spring time flavor await you in the PYO. Visit the red pick-your-own garden to harvest a bunch of chives, and leave on those flowers. Chive flowers are not only beautiful, they're delicious. Add them to salads and stir-fries to put a little pink into your cuisine. To maintain their bright, fresh flavor add chives to your dish right before serving.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Pajeon- Korean Scallion Pancake Veg, DF

1 bunch **spring onions**, washed, with the ends trimmed
3/4 cup all-purpose flour
2 tablespoons cornstarch
1 clove garlic, minced
1/2 teaspoon salt
3/4 cup ice water
1 egg, lightly beaten, divided
4-6 tablespoons vegetable oil

Thinly slice each spring onion saving both the white and green parts. In a large bowl, mix the flour, cornstarch, salt, garlic, and egg with the ice water. If the batter seems too thick, add a little more water (about 1 teaspoon at a time) until the batter is runny, but still slightly thick.

Heat 2 tablespoons of the oil in a non-stick pan over medium heat, then pour half of the pancake batter into the pan, swirling it into a thin pancake similar to how you would form a crepe. Immediately arrange half of the scallions on top of the batter in a single layer.

Cook until the bottom is golden brown (about 3 to 4 minutes), then flip over and cook another 3 to 4 minutes, add more oil, if necessary, until the pancake is crisp and golden brown.

Repeat with remaining batter and ingredients. Slice the two pancakes into 2" squares. Serve with soy sauce, sriracha, or a sweet and sour sauce.



Sweet and Savory Rhubarb Sauce Veg, DF, GF

Adapted from the Chicago Tribune

Stretch that rhubarb flavor across a variety of spring dishes with this easy sauce. Serve with roasted chicken, salmon or chops, add it to a simple cheese sandwich, or find some good bread to dip.

2 tablespoons olive oil
1 cup finely chopped **rhubarb**
1/4 cup minced sweet onion (or white part of **spring onion**)
1/3 cup pomegranate or tart cherry juice
1 tablespoon apple cider vinegar
1/2 cup apricot preserves
1/2 teaspoon salt
pepper to taste

In a skillet over medium heat, sauté rhubarb and onion in olive oil until tender, about 5 minutes. Add juice and vinegar, and cook for 2 more minutes to incorporate. Melt preserves into sauce mixture, stirring to combine. Season with the salt and pepper. Cook to reduce sauce to desired consistency. Makes about 1 cup sauce.