

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2020 Week 5
June 17 & 20

IN THE SHARE

- Lettuce
- Radishes
- Spring Onions
- Kohlrabi
- Garlic Scapes

Choice

- Cooking Greens: Collards, Kale, or Chard
- Turnips: Hakurei or Scarlet Queen

PICK-YOUR-OWN

Blue flag indicates ready to pick.

PYO PEAS: Snap and Snow Peas

RED: Dill, Thyme, Cilantro, Oregano,

ORANGE: Chamomile, Bachelor Buttons, Basil, Yarrow

PINK: Bachelor Buttons, Parsley, Salvia, Calendula

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow

Farm Notes

This week we are allowing 2 people per share in the PYO. Both individuals need to wear a mask and practice social distancing with other customers. Please help us safely expand our farm capacity by being mindful of where other customers are and where they need to go.

This week's share is full of familiar favorites with a few choices to make as well. Greens, peas, and tons of herbs (especially dill) are ready for your fridges, countertops, and recipes.

Romaine Lettuce: Use it fast

It's tough growing organic lettuce in our region. Harvesting the largest heads at just the right time before the heat and humidity make them bolt away is a mix of careful planning and favorable weather. Then, there are the bugs. Slugs, army worms, and leaf hoppers like lettuce too. We've committed to not putting chemical insecticides on our vegetables, so our late spring lettuce ends up with a bit of bug damage. This is the case with this week's romaine.

There is a silver lining to this bug ridden cloud. This lettuce is delicious! It was picked at just the right time for maximal head size and minimal bitterness. The damage does not deter from the flavor at all, however, it will shorten the shelf life. That is why we are encouraging everyone to use their romaine lettuce within 3-4 days of pick-up.



Bug damage on the stem and leaves

In the PYO: Yarrow

There's yarrow popping up all over the PYO, also in spots we didn't intend for it to grow. Blooming yarrow just seems too beautiful to cut down, so we've left the rogue patches for you to enjoy. We have pink yarrow already blooming in the yellow PYO, and expect to see some white and yellow blossoms very soon. Yarrow is tall, so it makes an ideal cut flower. Since the flowers do not develop after cutting, pick stems with fully open and developed flowers.



Quinoa Meatballs **DF, Veg**

Use fabulous herbs from all over the pick-your-own and serve with a hearty marinara sauce



2 cups cooked quinoa
3 **spring onions**, very finely chopped
2 **garlic scapes**, finely chopped
½ teaspoon salt
½ teaspoon black pepper

4 sprigs **oregano**, finely chopped
5-6 **basil** leaves, finely chopped
1 bunch **parsley**, finely chopped
1 large egg
1 cup breadcrumbs

Preheat your oven to 350°. Heat a large cast iron skillet or pan over medium heat until searing hot.

Mix together all ingredients in a large bowl. Pour a little olive oil into the preheated skillet. Make a meatball a little smaller than golf ball size and place in the skillet. Working as quickly as possible, repeat with the remaining meatballs. Once you have finished placing all the meatballs in the skillet, gently turn each meatball once it has browned on the opposite side.

Bake in skillet or transfer to a rimmed baking sheet and bake in preheated oven for 25 minutes.

Dill Pesto **Veg, DF, GF**

We've got a taste for pesto as our basil perks up in the PYO. While we're waiting for the basil quantity to increase to be enough for everyone to make basil pesto, here's another alternative pesto to take advantage of our other bountiful herbs.

1/3 packed cup **dill**, leaves and stems roughly chopped
1/3 cup pecans
2 **garlic scapes**, roughly chopped
salt to taste
2 tablespoons olive oil
1-2 tablespoon water

To make the dill pesto, combine all the pesto ingredients in a food processor and pulse until thick paste forms. Add water a little at a time to smooth pesto to desired consistency.



Add pesto to your favorite hummus, dressing, or dip. You can also use the pesto on top of chicken, fish, or potatoes before roasting or baking.