

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2020 Week 6
June 24 & 27

IN THE SHARE

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

Choice

- Cooking Greens: Collards, Kale, or Chard
- Bunched Beets or Bunched Baby Carrots

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Thyme, Cilantro, Coriander, Oregano, Lavender, Chives

ORANGE: Chamomile, Basil, Yarrow

PINK: Bachelor Buttons, Parsley, Salvia, Calendula

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow, Rudbeckia

Farm Notes

It's the last week of the Spring CSA and our last week of spring planting on the farm. We are putting the last transplants of tomatoes and eggplants into the ground while harvesting, sowing cover crops, and seeding winter squash. To help with all this work we are excited to finally have our full 6 intern crew for the summer.

We just couldn't let the Spring CSA end without getting you some beets and carrots. They have been growing very slowly this year, but we just couldn't wait to share them. Since they are small we are bunching them with the greens. Beet greens can be used just like chard while carrot greens are a good option for pesto, and are a great substitute for dill in last week's pesto recipe. Those of you staying with us for the Summer CSA can expect a lot more carrots and beets in your future.

Scrub carrots with a brush instead of peeling. These are real baby carrots. They are young and sweet and cause no food waste like machine-made baby carrots. The sizes vary but some of the smaller beets and carrots will be great roasted or sautéed whole.

In the PYO: Basil

Our first planting of basil is ready for picking! The key to a lasting basil patch is keeping it topped before it flowers. When you pick basil you help each plant grow bushier and produce more leaves. However, it's important to pick in a way that promotes growth. Use scissors to get a clean cut on tender plants. Harvest from the top down. Cut the stem above a leaf pair to ensure the basil keeps growing. Keep basil stems in water the same way you would cut flowers and keep on the countertop instead of in the fridge.



Volunteer Coordinator, Katie Junghans, gives an orientation to our last 2 summer interns.



Oven Braised Turnips in Garlic DF, Veg, GF

From Vegetable Love by Barbara Kafka

- 1 pound **Scarlet Queen** turnips
- 2 tablespoons olive oil
- 3 **garlic scapes**, roughly chopped
- 2 bay leaves, broken in half
- 3/4 cup stock (beef or vegetable)
- 1 sprig **thyme**
- 2 **sage** leaves,
- 1 sprig **oregano**
- 3/4 teaspoons salt, or to taste
- Freshly ground black pepper

Preheat your oven to 500°F. Peel turnips and cut into 1/2 inch wedges. Place the turnips in a roasting pan, toss with oil and spread out in the pan. Roast for 15 minutes. Next flip the turnips over, add the garlic scapes to the pan and roast for 5 more minutes. Flip the turnips and garlic again while tucking the bay leaves under the turnips. Add the stock and herbs and return to the oven. Roast for 10-15 minutes or until most of the liquid is absorbed and turnips are soft. Remove herbs and serve.

Lettuce and Garlic Chive Soup GF

Elaine, one of our long-time Growers, sent this recipe inspiration. When you're getting tired of salads, just throw your lettuce into this soup that can be served hot or chilled.

- 1 tablespoon each butter and olive oil
- 1 bunch **spring onions**, white and green parts roughly chopped
- 2 **garlic scapes**, peeled and roughly chopped
- 1 teaspoon kosher salt
- 2 large russet potatoes, peeled and roughly diced
- 6 cups unsalted vegetable or chicken stock
- 1 tablespoon fresh **thyme** leaves
- 1 large or 2 small heads of **lettuce**
- 5 **chive** stems, roughly chopped (plus more for garnishing the soup)
- Juice of half a lemon
- 1 1/2 cups sour cream (or Greek yogurt)
- Freshly-ground black pepper

In a large soup pot or Dutch oven set over a low flame, heat the butter and oil just until the butter melts. Stir in the onions, garlic scapes, and salt and let cook for just 5 minutes. Next add the potatoes, stock, and thyme leaves. Bring to a boil over high heat, and then lower the heat, cover the pot, and simmer until the potatoes are tender -- about 30 minutes. Add the chives, and gradually add the lettuce, pushing the leaves down into the hot liquid allowing them to wilt.

Remove from the heat and stir in the lemon juice and sour cream. Blend soup with an immersion blender or in batches in a standard blender. Transfer the pureed soup to a large serving bowl or pot. Add pepper and salt to taste. Serve warm or refrigerate overnight and serve chilled.

