Red Wiggler's CSA Newsletter

IN THE SHARE

- Garlic
- Summer Squash
- Cucumber
- Cherry Tomatoes
- Hot Peppers

CHOICES

Choose: Okra, Tomatoes, Eggplant, Sweet Peppers,

Choose: Beets, Carrots, or Potatoes

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Russian Sage, Marigolds, Dill and Cilantro

ORANGE: Zinnias, Basil, Marigolds, Sorrel

PINK: Parsley, Salvia, Zinnias, Italian Basil, Lemon Basil, Thai Basil, Gomphrena, Ageratum, Statice, Sunflower, Celosia

YELLOW: Sage, Lemon Balm, Winter Savory Farm Notes

It's the last week of the summer CSA!

It seems like just a few weeks ago we were planting our first round of squash and cucumbers, and now we're using that same space to prep for next year's garlic! While our focus shifts to fall crops there are still some summer crops that are thriving. The 2nd planting of cherry tomatoes are doing well, and the hot peppers are really taking off. We hope you enjoy the last of what summer has to offer this week including vegetable, herbs, and lots of beautiful flowers.

In the PYO: Sorrel

With a week of a few coolers days the sorrel is back in the Orange PYO. This tangy, lemon-flavored leaf can be used as an herb to brighten up salads, or add additional flavor to pesto. Alternatively it can be used as a leafy green on sandwiches or sautéed with summer squash.

Basil Sorrel Pesto Potato Salad Veg, GF, DF

This easy recipe from peacefuldumpling.com uses both basil and pesto for this bright and citrusy potato salad.



1 pound of small **potatoes**, washed, unpeeled 2 1/2 cups loosely packed **basil**, cleaned, de-stemmed and chopped 2 cups loosely packed **sorrel**, cleaned, de-stemmed and chopped 1/3 cup raw walnut halves 1/3 cup extra virgin olive oil 1 clove **garlic**, minced 1/2 tbsp nutritional yeast, plus more to taste Plenty of sea salt to taste Fresh black pepper

Boil water in a medium pot with steamer. Add potatoes to the steamer and steam for about 8 minutes, or until just cooked through but not falling apart. Take off the heat, rinse with cold water for a minute, and drain. Place in a bowl and put in the fridge to cool. In a blender or food processor, blend on high the sorrel, basil, garlic, oil, walnuts, nutritional yeast, salt and pepper, occasionally stopping and scraping the sides to get an even texture. Add pesto to the bowl of potatoes and toss gently to coat. Cover and chill in the fridge until ready to serve.



Recipes Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Stuffed Eggplant Veg, GF,

This is an adaptation of the Turkish dish imam bayildi. The preparation of the eggplant is what gives the dish such a great texture, and the eggplant can be prepared up to 3 days in advance.

2-3 small eggplant (1 – 1 ½ pounds)
¼ cup olive oil, plus more for brushing
3 medium bell peppers (1 pound), cut into ¼ inch strips
2 cloves of garlic, chopped
1 cup grated pecorino Romano or cheddar cheese
½ teaspoon crushed red pepper flakes
1 cup tomato sauce
2 tablespoons plus ½ teaspoon of salt
3 small yellow onions, thinly sliced
1 cup walnuts (4 ounces), chopped
1 tsp ground cumin
1 large tomato, cut into 6 slices
Fresh parsley, chopped for garnish



Slice the eggplants in half lengthwise, keeping the stem. Score the flesh lightly with a knife and generously season with 2 tablespoons of salt. Let them drain in a colander set over a bowl for 30 minutes to an hour. Rinse with cold water and pat dry.

Preheat oven to 400° F with a rack in the middle. Place eggplant cut-side up on a baking sheet. Brush with olive oil on both sides. Bake until eggplants are golden, about 20 minutes.

In a deep skillet over medium heat, warm the ¼ cup of olive oil until shimmering. Add the onions and the remaining ¼ teaspoon of salt and cook, stirring frequently, until soft, about 8-10 minutes. Add the bell peppers and cook until soft. Stir in the garlic, cook for one minute, then remove from heat. Stir in the walnuts, cheese, cumin, and red pepper flakes. Add more salt and red pepper flakes to taste.

Choose a baking dish that will hold the eggplant snuggly. Brush the dish with oil and line with tomato slices. Place the eggplants on the tomatoes, skin side down. Using a spoon press the eggplant's softened flesh to create indentations for the stuffing. Fill each eggplant half with the onion-pepper mixture and top with 1-2 tablespoons of the tomato sauce. Push any extra stuffing into the gaps between the eggplants, and pour any remaining sauce around them.

Bake until bubbling and browned on the top, 30-40 minutes. Let cool for a few minutes, then serve with a garnish of chopped parsley.