

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2021 Week 2
May 26 & 29

IN THE SHARE

- Spring Onions
- Rhubarb
- Lots of Spring Greens!

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Chives, Irises, Cilantro, Peppermint, Spearmint, Dill

GREEN: Arugula

ORANGE: Lambs Ear, Fennel, Nigella, Snapdragons, Chamomile, Sorrel

PINK: Bachelor Buttons, Parsley

YELLOW: Sage, Winter Savory, Lemon Balm, Valerian, Sage Flowers

BROWN:
Coming Soon...

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

Reminders:

- Join the CSA Facebook Group. <https://www.facebook.com/groups/RWCFCSA/>

Upcoming Events:







Kitchen Medicine: Spring Edition- Saturday, June 19 12:30-2:30

Why are leafy greens good for you, and what are phytochemicals anyway? Join guest facilitator Claire Hudson to explore the best ways to prepare vegetables, herbs, spices to gain the most nutritional and medicinal benefits.

Cost \$15 per person- Registration Required.

Meet Your Greens

Leafy greens come in many varieties and flavors here's a guide to what we're growing this spring.

THE OTHER BRASSICAS		
Mizuna		Light with a tasty crisp stem. With a peppery kick that's milder than arugula, it's a great addition to a salad mix
Red Mustards		Bold and spicy. Cook until fully wilted. Sautee with butter or oil, as the bitterness pairs perfectly with higher fat content.
Collards		Sturdy leaves can be braised, steamed, or stuffed! Great substitute for stuffed cabbage or grain-free enchiladas.
THE KALES		
Vates Kale		Textured and versatile. Massage it into a salad. Slow cook it with garlic and onions, or quickly sauté with red pepper flakes until just wilted.
Lacinato Kale		Great for tossing into other recipes. Slice into strips to add to slaw, soups, or pasta dishes towards the end of the cooking.
Red Russian Kale		Best kale for salads. Thinner leaves cook quickly. Great substitute for spinach

Simple Rhubarb Sauce

Veg, DF, GF

Cook down this sour vegetable with bit of sugar and a pinch of cinnamon to enjoy a sauce that's perfect on oatmeal, yogurt, pound cake, toast, ice cream, and just about anything else you can think of.

1 cup **rhubarb**, cut into 1-inch pieces
3 tablespoons of sugar, or more to taste
3 tablespoons water
Optional: Pinch of cinnamon

1. In a small saucepan heat sugar and water to simmering, stirring occasionally. Stir in rhubarb; reduce heat. Simmer uncovered, stirring occasionally, until rhubarb is tender and slightly transparent.
2. Stir in cinnamon. Serve sauce warm or chilled.



Fun Fact: Not all rhubarb is red. In fact many recipes add red food dye to cover the real color, green.

Variation: **Strawberry- Rhubarb Sauce**

Change water to $\frac{1}{4}$ cup, and follow directions above. After simmering rhubarb, stir in 1 cup of sliced strawberries; heat just to boiling. Allow to cool before serving.

Lovage Soup

GF

This week is the best time for picking lovage and the best time to enjoy a bowl of soup before it gets hot again. Find this leafy herb with a sharp celery taste in the Red pick-your-own

Ingredients

2 tablespoons butter

1 bunch **green onions** (white and light green parts, chopped)

1 medium yellow onion (peeled and chopped)

2 quarts chicken stock

3 medium Russet potatoes (peeled and chopped)

1 bunch (1 oz) **lovage leaves** (chopped fine)

heavy cream (to serve)

1. Melt the butter in a heavy-bottomed stock pot over medium-high heat. When it froths, reduce the heat to medium and stir in green and yellow onions. Fry until fragrant, about five minutes.
2. Pour in chicken stock and stir in chopped potatoes. Simmer, covered, about thirty minutes or until potatoes are tender. Stir in lovage and simmer, covered, a further five or six minutes.
3. Remove from heat and blend with an immersion blender until smooth. Season with unrefined sea salt and freshly ground pepper. Stir in a spoonful of heavy cream and serve.