

IN THE SHARE

- Spring Onions
- Hakurei Turnips
- Radishes
- Choose 2:Spring Greens

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint, Oregano, Chives, Cilantro, Peppermint, Spearmint, Dill, Lavender (NEW)

GREEN: Arugula and Arugula Flowers

ORANGE: Lambs Ear, Green and Bronze Fennel, Nigella, Snapdragons, Chamomile, Sorrel

PINK: Bachelor Buttons, Parsley, Peas (NEW), Spinach (NEW)

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

BROWN:
Coming Soon...

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

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. redwiggler.org/workshops/

The Spring Bouquet

We're feeling pretty proud of our spring flowers this year. Some, like snapdragons and nigella, were planted in fall and protected over winter to arrive in time for spring picking. There are also some great filler flowers ready to pick. See the bouquet below for some spring inspiration.

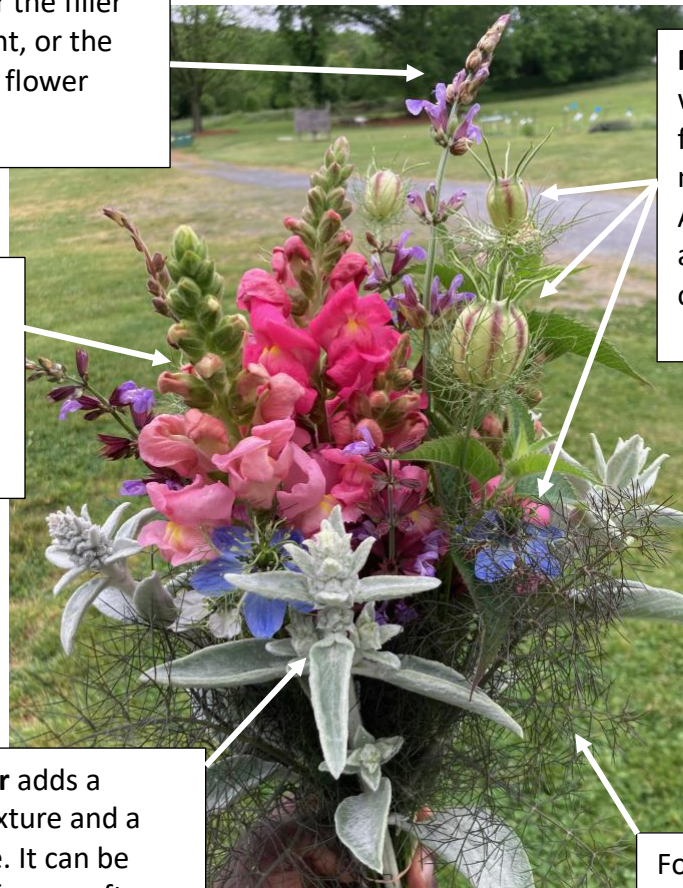
Cut **Sage** for the filler foliage, scent, or the purple filler flower

1-2 **snapdragons** are enough for a central feature

Nigella's blue and white flowers with feathery foliage make great filler. And the seed heads add unique ornamentation.

Lamb's Ear adds a velvety texture and a silver tone. It can be picked before or after flowering

For a rich color add **Bronze Fennel** from the orange PYO



Creamy Spring Onion and Radish Dip **Veg, GF**

A creamy dip with the light peppery bite of red radishes from *Theviewfromgreatisland.com*.



Ingredients

3/4 cup sour cream (or plain yogurt)
1/2 cup mayonnaise
1/8 tsp salt
1 1/2 cups radishes, very thinly sliced.
1/2 cup green onion, trimmed and thinly chopped. Use the white and green parts.
fresh cracked black pepper, to taste

Combine all the ingredients in a bowl and mix well. Reserve a little of the sliced green onion for a garnish. Chill until ready to serve, sprinkle with extra green onion and black pepper. Serve with crackers, chips, bread, or vegetable crudité.

Radish Slaw

GF

Quick and easy to prepare, use as a side salad or as a sandwich and taco topping.

Ingredients

1 head shredded cabbage
1 bunch **radishes**, thinly sliced
2 tablespoons olive oil

1 teaspoon salt
Juice of 1/2 lime
1 bunch **cilantro**, chopped
1-2 jalapeños, thinly sliced (optional)

Toss cabbage and radishes with olive oil, salt and lime juice; let sit 15 minutes. Just before serving, toss with chopped cilantro and sliced jalapenos.

In the PYO

Peas are back in the PYO! They are just starting to develop so picking might be slow for the first week or two. Along with our classic snap and snow peas, we have these jewel colored Royal Purple snap peas ready to be picked. We'll have helpers in the PYO to get you started, so please ask for help to find the good picking spots.

