

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2021 Week 4  
June 9 & 12

## IN THE SHARE

“/” indicates choice

-Garlic Scapes  
-Lettuce  
-Hakurei Turnips/Spring Onions  
-Radishes  
-Chard/Kale/Collards/  
and more

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

GREEN: Arugula and  
Arugula Flowers

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

PINK: Bachelor Buttons,  
Parsley, Peas

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

BROWN:  
Coming Soon...

## Upcoming Events:

### Kitchen Medicine: Spring Edition- Next 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/](https://redwiggler.org/workshops/)

## Farm Notes

My freezer was full of chopped kale and the greens from my hakurei turnips. Dill was drying upside down in the pantry, and jars were filling with pesto. How could I preserve the abundant spring produce from my share and all those PYO herbs? **Reader, I pickled them.** Check out the recipes section for some pickling inspiration for this week's share.

## In the PYO: Discovery Time

Milkweed is popping up in the Red PYO, and this one is just for the butterflies. Monarch butterflies seek out this native plant to lay their eggs on. Once they hatch you can spot caterpillars on the leaves. While monarch butterflies drink nectar from a variety of different flowers. The caterpillar exclusively eats plants in the milkweed family.

While harvesting fennel you may spot a green striped and spotted caterpillar. Parsley, dill and fennel are all hosts plants for the black swallowtail caterpillar. So pick what you need, and leave some for the swallowtails.

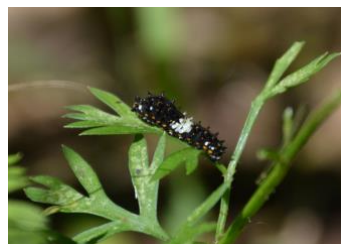
**Need some help searching?** *You can find magnifying glasses in the education garden next to the orange PYO.*



MONARCH EGG ON THE  
UNDERSIDE OF A  
MILKWEED



MONARCH CATERPILLAR



BLACK SWALLOWTAIL  
CATERPILLAR 1<sup>ST</sup> INSTAR STAGE



SWALLOWTAIL CATERPILLAR

# Recipes

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

## Easy Greens Frittata **Veg, GF**

This quick meal works with a variety of greens.

Base:

8 eggs

1/3 cup milk or cream

3/4 cup shredded cheese (choose your favorite)

Salt and Pepper to taste

Mix-ins:

2 cups of chopped greens. Try using a mix of kale, collards, chard, green onions, arugula, parsley, or chives



Preheat oven to 375F°. In a medium bowl whisk together eggs, milk, and cheese. Season with salt and pepper. Heat a large cast iron skillet over medium high heat. Add a bit of butter or oil. Sautee greens until wilted. Pour egg mixture into skillet and transfer to the oven. Bake until eggs are set, about 12 minutes.

## Quick Dill Pickled Radishes **Veg, GF, DF**

A sharp tangy pickle pairs nicely with the creamy frittata above; or try it on cheese and crackers.



1 bunch radishes, thinly sliced

1 bunch dill, chopped

Brine:

2/3 cup distilled white vinegar

2/3 cup water

1/2 tsp salt

1 Tbsp sugar (optional)

Layer sliced radishes and dill together in a mason jar or glass container. In a small saucepan bring the remaining ingredients to a simmer until sugar and salt are fully dissolved. Pour the brine over the radishes ensuring they are fully covered. Seal and refrigerate for at least an hour. Store in fridge for up to 3 weeks.

## Pickled Parsley or Sage **Veg, GF, DF**

From the Washington Post. Use pickled herbs in salads, sandwiches, couscous, and meatball mixtures.

2 cups white wine vinegar

1/2 cup sugar

1/2 cup water

2 teaspoons coarse kosher salt

4 cloves garlic, sliced

1 tablespoon mustard seed

1 teaspoon crushed red pepper flakes

1 1/2 teaspoons coriander seed

2 cups flat-leaf parsley (on the stem) OR 2 cups fresh sage leaves, stemmed

Combine the vinegar, sugar, water, salt, garlic, mustard seed, crushed red pepper flakes and coriander seed in a small saucepan. Cover and bring just to a boil over high heat. Turn off the heat; let sit until cool. To pickle the herbs, rinse them first in plenty of cold water, then plunge them into the cooled brine, making sure the leaves and stems, if using, are completely submerged. Cover and refrigerate for 1 hour before using. Store in the fridge. Keep parsley on the stem and pull off leaves as needed.