

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2021 Week 5
June 16 & 19

IN THE SHARE

"/" indicates choice

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

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: Green and Bronze Fennel, Nigella, Snapdragons, Basil, Chamomile,

PINK: Bachelor Buttons, Parsley, Peas

YELLOW: Sage, Winter Savory, Lemon Balm, Valerian, Sage Flowers, Cone Flower, Rudbeckia,

BROWN: Coming Soon...

Farm Notes



Kohlrabi. The name tells you what you need to know...if you speak German. The name comes from the word *kohl* meaning cabbage and *rabi* which means turnip. This member of the cabbage family is grown for its enlarged stem that looks like a turnip.

This crisp, dense vegetable can be peeled and shredded into slaw, cut into slices for a snack, roasted, or even made into fritters.

The other newbie in the share this week is the **Scarlet Ohno turnip**. This new variety is a pink skinned turnip with white flesh. It can be roasted, mashed, boiled or steamed. Want to live *la vie en rose*? If you cook this veggie with the skin on, your guaranteed to have a rosy colored meal.

New in the PYO

Rudbeckia is ready for picking in the yellow pick-your-own (PYO). This colorful cut flower is ready to be picked as soon as the blossoms start to open. Look for colorful blossoms with petals sticking straight up.



Basil is here just in time for spring pesto with garlic scapes. Careful picking ensures that the plants keep on producing. There are more plantings of basil coming, so pick small amounts this week to ensure there is enough for all.



To keep basil growing strong:

1. Look for a healthy green plant to cut
2. Look below the top leaves to find a set of two leaves (nodes) branching out from the main stem.
3. Cut above the nodes to encourage the plant to keep growing.

As always if you need any help, please ask a CSA helper for assistance.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free



Garlic Scape Hummus Veg, DF, GF

A scape is the budding flower of our hard-neck garlic. After we cut the scapes the plant will put more energy into growing the bulb. Not long after the scape harvest we'll begin harvesting garlic!

This hummus is quick, garlicky, and delicious. No tahini required! From umamigirl.com

- 1 15.5-ounce can chickpeas, drained and rinsed
- ½ cup thinly sliced **garlic scapes** (remove bottom ¼ inch and flower bud of scape before slicing)
- ¼ cup freshly squeezed lemon juice (or reduce for a less tangy flavor)
- 6 tablespoons extra-virgin olive oil
- ¾ teaspoons fine sea salt
- ½ teaspoon sweet paprika

Combine all ingredients in a high-speed blender, with the liquids on the bottom. Blend until completely smooth. Garnish with some olive oil, flaky sea salt, paprika, and chopped parsley or dill.

Vegan White Bean Dip w/ Kale Veg, GF, DF

From avocadopesto.com

- 1 can cannellini beans rinsed and drained
- 1 bunch chopped **dill** or **parsley**
- 1 cup **kale**
- 1 tablespoon yellow miso
- 1/8 teaspoon salt
- 2 cloves garlic minced, or 3 minced **garlic scapes**
- 3 tablespoons extra virgin olive oil
- 3 tablespoons lemon juice

Combine all ingredients in food processor and process on high until smooth. Add additional olive oil or water if you prefer a more liquid consistency. Serve as a dip or spread on top of your morning bagel.

