

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 1
July 7 & 10

IN THE SHARE:

“ / ” Indicates Choice

- Beets/Carrots
- Kohlrabi/Radishes
- Cooking Turnips
- Garlic Scapes
- Chard

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Irises, Cilantro, Peppermint, Spearmint, Dill, Russian Sage, Lavender

GREEN: Dill, Cilantro

ORANGE: Fennel, Pincushion, Chamomile, Gomphrena

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum

YELLOW: Rudbeckia, Sage, Winter Savory, Lemon Balm, Valerian, Bee Balm,

BROWN:
Coming Soon...

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

Upcoming Events:

Field Tour: Saturday, July 17 @ 1:00 Come explore the fields and see what's growing. *Free for CSA members, registration required.*

Kitchen Medicine: Enjoying the Summer Bounty- Saturday, July 24 12:30-2:30

Summer brings an abundance of produce. Join guest facilitator Claire Hudson to explore the best ways to prepare summer produce for abundant nutrition and learn how phytochemicals benefit our bodies. *Cost \$15 per person- Registration Required.*

Reminders:

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

Farm Notes

Summer is here and the farm makes it's transition away from spring crops like kale, kohlrabi, and turnips, and into the summer crops (tomatoes, eggplant, squash, and more). These first weeks are always interesting. The farmers play a waiting game, dutifully checking crops as the flowers appear and then kicking it into high gear once production begins.

We're still waiting for our squash, tomatoes, and potatoes, to pick up production. But, until then some of our trusty root vegetables will be picking up the slack. The fields are producing plenty of kohlrabi and turnips. We called these cooking turnips in the share. Early summer turnips lose some of their spring crispness, but still taste wonderful roasted, thrown into soups and stir-fries, or simply steamed.

In the PYO by David Ruch

I would encourage new customers to take a walk around the PYO [pick-your-own] to see what the farm has to offer. When the customers have finished walking around the PYO, if they have any questions, they can come to me, David (CSA Assistant & PYO Specialist)) for questions and answers.

For new customers who want to learn how to pick flowers, how to harvest basil and parsley, and how to harvest ground cherries they can ask me too!



Long-time grower and flower enthusiast, David, loves to help customers in the pick-your-own

Carrot Top Pesto

Veg, DF, GF

Yes, carrot greens are edible! While they can be washed, finely chopped and added to salads, most folks enjoy them in a savory pesto. Try this one from yupitsvegan.com

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| 1 clove garlic chopped | 1 small bunch chives |
| 2 tbsp freshly-squeezed lemon juice | 1/2 cup raw walnuts (optional) |
| 1 tsp fresh lemon zest | 3 tbsp olive oil |
| Carrot tops | salt and pepper to taste |
| 1/4 cup fresh mint leaves, or basil | |



To blanch the carrot tops: remove thick stem pieces. Bring a pot of water to a boil. Prepare a large bowl with ice cubes and cold water in it. Once boiling, add the carrot tops to the pot. Stir occasionally, cooking for about 3 minutes or until bright green and tender. Immediately remove from the pot, drain the hot water, and add the carrot tops to the ice cube bowl to stop the cooking process. Drain the carrot tops, wring out excess liquid, and spread them on a plate to dry while you do the remaining recipe prep.

Add all of the ingredients from garlic through walnuts (if using) to the food processor. Blend until a chunky paste forms with small bits of carrot tops. Add the olive oil a tablespoon at a time until combined. Season to taste with salt, pepper, and more lemon juice if desired. Use as a spread or pasta sauce.

Beets, Greens and Stems

GF, DF, Veg

Beets, a close relative of chard can be used from root to leaf. Try this recipe adapted from the book, *A Girl and Her Greens* by April Bloomfield

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| 1 bunch of beets with greens, thoroughly washed | 5 leaves of fresh basil, roughly chopped |
| 4 garlic scapes , each cut in half | 2 teaspoons salt, separated |
| 3 small sprigs of oregano | 1 teaspoon thick balsamic vinegar |
| 2 tablespoons olive oil | 1 tablespoon shallots, finely chopped |

Separate the beets from the stems and leaves. Cut stems from the leaves. Keep leaves whole. Cut stems into 4-inch lengths. Cut beets into large slices.

Pour two inches of water into a medium pot, add the garlic scapes and oregano, and bring the water to boil over high heat. Season the water with 1 teaspoon salt. Add the beets and boil, stirring occasionally and topping off water to cover beets if needed. Cook until beets are tender, but not mushy.

Use a slotted spoon to transfer beets to a mixing bowl. Add the olive oil, shallots, and basil, remaining salt and vinegar, and toss together.

Discard garlic scapes and oregano from the pot. Add 1 cup of water and return to a boil. Add beet stems and cook until tender (4 minutes). Transfer stems into bowl with beets. Add leaves to the boiling water. Stir and cook until tender (about 3 minutes). Drain leaves in colander and let them cool to the touch. Gently squeeze leaves to remove excess water. Toss leaves, stems, and beets all together, and serve.