

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 3
July 21 & 24

IN THE SHARE:

“ / ” Indicates Choice

- New Potatoes!
- Carrots/Beets
- Cucumbers
- Summer Squash/Eggplant
- Cherry Tomatoes/Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

GREEN: Dill, Cilantro

ORANGE: Fennel, Pincushion, Chamomile, Gomphrena, Statice, Basil

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum, Lemon Basil, Thai Basil

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

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

Upcoming Events:

Kitchen Medicine: Enjoying the Summer Bounty-

Saturday, July 24 12:30-2:30 *Cost \$15 per person- Register by Friday July 23*

In-person workshop. Join us in the barn on Saturday afternoon to learn how to have a super nutritious and delicious summer!

Farm Notes:

The first row of potato plants has died. And for us, that's great news! Once the potato plants have finished putting all their energy into forming their delicious tubers under the soil, the plants die away, signaling that the potatoes have reached their full size. We harvested our first row of **Dark Red Norland** potatoes, and there are more rows and other varieties coming as soon as those plants die off too.



We distribute our potatoes right away as new potatoes. New potatoes aren't just small potatoes, they are truly special. They have delicate skin so there is no need to peel them. They are sweeter than storage potatoes and become creamy when boiled. Wash your new potatoes gently (some of the skin may come off as you wash). Cook them simply (boiled or roasted), and serve with fresh herbs from the PYO such as dill, parsley, or chives. Excited about potatoes? Check out more fun facts at the end of the newsletter.

Who's that squash?

Though we all enjoy zucchini bread, our squash patch has so much more to offer than our standard green friends. This year we're growing patty pans (shell shaped and flavorful, gooseneck yellow squash (fantastic stuffed and baked), tender zephyrs (yellow with green tips), and the nutty striped Romanesco. Try them all this season, find your favorite new squash and tell us how you like to prepare them. Hoping for a giant squash for one of your recipes? Just let us know. You can trade in your share squash for a large one.



Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Sautéed Yellow Squash with Basil and Pine Nuts

Veg, GF

A super quick recipe that's full of flavor from foodandwine.com

- 2 tablespoons unsalted butter
- 1 ounce pine nuts
- 1 teaspoon minced garlic
- 1/2 teaspoon crushed red pepper
- 2 cups torn **basil leaves**
- 3 medium **yellow squash**, sliced lengthwise paper-thin
- Kosher salt
- Black pepper

In a large skillet, melt the butter over moderately high heat. Add the garlic, pine nuts and red pepper. Sauté for 1 minute and add the squash. Toss and sauté over moderate heat for 2 minutes. Add the basil, toss, and remove from heat. Season with salt and pepper and serve.



Asian Cucumber Salad from twopeasandtheirpod.com

Veg, DF, GF

Total prep time: 10 minutes!



- 2 **cucumbers** thinly sliced
- Salt to taste
- 1/3 cup rice wine vinegar
- 1/2 teaspoon granulated sugar
- 2 teaspoons toasted sesame oil
- 2 tablespoons finely chopped **cilantro**

- 2 tablespoons thinly sliced scallions
- 1 clove garlic minced
- 1/8 teaspoon freshly grated ginger
- 1 tablespoon sesame seeds
- Crushed red pepper to taste

Place the sliced cucumbers in a bowl and sprinkle with salt, to taste. Set aside.

In a small bowl, whisk together the rice wine vinegar, granulated sugar, sesame oil, cilantro, scallions, garlic, and ginger. Drizzle the mixture over the cucumbers. Sprinkle salad with sesame seeds and crushed red pepper, to taste. Serve immediately.

More potato facts! Getting excited about new potatoes. Here are a few more facts and tips.

- Use new potatoes within a week of pick-up to get the most nutrient content. The skins aren't thick enough to keep all that goodness inside.
- Potato salad is even better than you think. Chilling cooked potatoes makes the starch a more "resistant, transforming the potato into a low/moderate-glycemic veggie.
- Eat those skins! The skin contains 50% of the antioxidants in the potato

Read more in the book, "Eating on the Wildside: The Missing Link to Optimum Health " by Jo Robinson.