

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 4
July 28 & 31

IN THE SHARE:

“ / ” Indicates Choice

- Potatoes
- Summer Squash
- Eggplant/Cucumbers /Carrots
- Cherry Tomatoes
- Hot 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.

Farm Notes:

The next potato on our harvest list is the **Peter Wilcox** variety. This purple skinned, yellow potato is admired for its fantastic texture and earthy flavor. It's also a local. It was named for a professor at Loyola University in Baltimore.

It was originally bred by researchers trying to develop a new breed of potatoes with higher levels of carotenoids (a class of plant pigments associated with health benefits, such as improved immune systems and antioxidants). The Peter Wilcox variety has high concentrations of lutein and zeaxanthin, which are also found in dark-green leafy vegetables like spinach and kale. Try out this extra-special local potato this week, and tell us what you think.



Big Tomatoes are coming in slowly. You may notice large green tomatoes on the plants next to the orange pick-your-own. That planting, like the rest, seem to be waiting for cooler temps. Last week's breezy weather gave us the first burst of ripe red tomatoes; this week a few of our heirlooms started to ripen as well. We're hoping a bump of ripe tomatoes is just around the corner, but until then we patiently await the for the first blush of red on those green tomatoes

In the PYO: Edible Flowers

Flowers aren't just for bouquets in the PYO. There are all sorts of ways to enjoy these lovely blooms



Dill flowers can be used even before the seeds form. Add the flowers to a jar of pickles, toss them in a salad, or use them same way you would the leaves.



Pull **Marigold** flowers apart to consume the colorful petals (remove any green or white parts). Add petals to salads, stir fries or quiche.



Fennel flowers look a lot like dill, and taste a lot like licorice. Use the dried flower pollen as a spice to add depth to stews, and meat rubs.

Savory Zucchini Cheddar Quick Bread Veg

Use yellow, green, and any other type of summer squash for this savory alternative from laughingspatula.com

- 1 1/2 cups **summer squash**, grated
- 2 cups all-purpose white flour
- 2 teaspoons baking powder
- 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup milk*
- 1 tablespoon vinegar, white or apple cider*
- 1 egg
- 3 tablespoons butter, melted
- 1 1/2 cups grated sharp cheddar
- 2 green onions, chopped



Preheat oven to 350 degrees and spray a 9 x 5 bread pan with non-stick spray.

Wrap grated squash in a paper towel and squeeze until some of the liquid releases. You don't need to completely dry it out

In a large bowl, combine flour, baking powder, baking soda and salt. In a small bowl, combine milk and vinegar. (The milk will curdle a bit.) Mix in melted butter and egg. Add milk mixture to dry mixture being careful not to over mix. Add grated zucchini, cheese and onions. Mix lightly until just combined. Pour batter into prepared pan and bake at 350 degrees for one hour. If toothpick inserted comes out clean, bread is done! Cool for 10 minutes in the pan. Remove carefully and cool on wire rack.

* If you have buttermilk on hand: omit the milk and vinegar combination and replace with one cup of buttermilk.

Cherry Tomato Salsa from theprettybee.com

Veg, DF, GF Total prep time: 10 minutes!



- 1/2 small sweet onion
- 3 cloves garlic
- 1 pint of **cherry tomatoes**
- 1/2 cup **cilantro** leaves packed
- 1 lime juiced
- salt to taste

Place the onion and garlic in the food processor and pulse until finely chopped. Place all the other ingredients in the food processor. Pulse until the salsa is the desired texture. Enjoy!