

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 6
August 11 & 14

IN THE SHARE:

“ / ” Indicates Choice

- Garlic!
- Beets/ Carrots
- Tomatoes
- Summer Squash
- Cherry Tomatoes
- Hot Peppers

PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

ORANGE: Fennel, Pincushion, Gomphrena, Statice, Basil, Ground Cherries

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

YELLOW: Sage, Winter Savory, Lemon Balm,

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

Upcoming Events:

2021 Farm to Fork Crab Fest

Saturday, August 28 5:00-7:30 pm

Our annual Farm to Fork Fundraiser is back! Enjoy delicious summer favorites prepared by a local chef, Maryland blue crabs, live music and incomparable scenery right here on the farm. Check out redwiggler.org/events for details.

Farm Notes:

Garlic is here! After 9 months of growing and 5 weeks of curing, the garlic is finally ready. Garlic is our longest growing crop but we think it is worth the wait. We grow a variety called Music. It is white with flecks of purple and pink in the skin. The flavor is strong, pungent, and well... very garlicky. 1 clove takes the place of 2 store bought cloves in most recipes.

This garlic also stores very well. Store bulbs at room temperature for up to 3 months. You can also roast and freeze garlic for future recipes.

Leisure World

By David Ruch

Every August we go to Leisure World to sell some of our produce to the people who live in Leisure World that don't have access to fresh local vegetables. We bring our tomatoes and we bring corn and peaches from Lewis Orchard. We also bring potatoes, carrots, hot peppers, squash, and cucumbers.

The reason that I like going to Leisure World is that I like selling our fresh local vegetables to the customers that come by to purchase them. I get to meet new customers and existing ones that have come in the past. I like making flower bouquets for the customers and I like to see their smiling faces.



Leisure World Market

@ the Inter-Faith Chapel 3680 S Leisure World Blvd, Silver Spring, MD 2090

Thursday, August 12 and 19; 9am-11am

This market is open to the public.

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Smoky Carrot Dip **Veg, DF, GF**

This farmer-tested and approved dip from Epicurious.com can be made up to a week ahead of time.

- ½ cup whole raw almonds
- 1 lb. **carrots**, trimmed, peeled
- 1 Tbsp. plus ½ cup extra-virgin olive oil; plus more
- 1½ tsp. kosher salt, divided, plus more
- 2 garlic cloves
- ½ cup canned chickpeas
- 3 Tbsp. (or more) fresh lemon juice
- 1 tsp. freshly ground black pepper
- ¾ tsp paprika
- ½ cup coarsely chopped **parsley**, plus leaves for serving



Preheat oven to 350°F. Toast almonds on a rimmed baking sheet, tossing halfway through, until slightly darkened and fragrant, 8–10 minutes. Let cool; set aside.

Cut any thick carrots in half lengthwise, then slice all carrots crosswise into 4 pieces. Toss on a parchment-lined baking sheet with 1 Tbsp. oil and 1/2 tsp. salt. Spread carrots out evenly on baking sheet and roast, stirring once or twice, until very tender and starting to shrivel and brown, about 1 hour.

Transfer carrots to a food processor; add garlic, chickpeas, lemon juice, pepper, paprika, chopped parsley, ½ cup oil, 1½ tsp. salt, and reserved almonds. Process, adding more oil as needed, until mixture is almost completely smooth. Taste dip and add more lemon juice and/or salt if needed. Transfer dip to a small bowl, drizzle with more oil, and top with parsley leaves. Cover and chill

Easy Roasted Garlic **Veg, DF, GF**

Spread roasted garlic on bread and crackers, whip it into mashed potatoes, or substitute for fresh garlic in dips to add a delicious depth of flavor. From Simplyrecipes.com

- One or more whole heads of **garlic**
- Extra virgin olive oil



Preheat your oven to 400°F (205° C). Peel and discard the papery outer layers of the whole garlic bulb. Leave intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves. This exposes the individual cloves of garlic.

Place the garlic heads in a baking pan, cut side up (a muffin pan works great for this). Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves. Cover the bulb with aluminum foil. Bake at 400°F (205°C) for 30-40 minutes, or until the cloves are lightly browned and feel soft when pressed.

Allow the garlic to cool enough so you can touch it without burning yourself. Use a fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Use immediately or store in the freezer for future recipes.