

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 7  
August 18 & 21

## IN THE SHARE:

“ / ” Indicates Choice

- Garlic
- Potatoes
- Beets
- Tomatoes/ Squash/  
Cucumbers
- Cherry Tomatoes

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

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

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

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum, Lemon Basil, Thai Basil, Dill, Cilantro, Sunflowers

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](http://redwiggler.org/events) for details.

Introducing our new **CSA Coordinator, Rachel Armistead!** We're delighted to have this longtime farmer, educator, and local food enthusiast join our team. She is joining the team full time as we say goodbye to Darlene, who is headed back to school. Be sure to stop by and introduce yourselves!



## Farm Notes:

Our produce has been reaching a lot of households this year. Along with the veggies you pick-up each week, the other 50% of what we grow goes to our *Farm to Food Bank (F2FB)* and *Farm to Group Home (F2GH)* programs. We switched to a 50/50 model last year as a part of our pandemic response. The need continued and so we shifted our CSA program; providing a smaller, less expensive CSA to you, and increasing the number of neighbors-in-need we reach overall. This season we're providing regular produce donations to

- Clarksburg CAN, Clarksburg
- Up County Food Hub, Germantown
- Linkages for Learning: Fox Chapel Elementary School, Gaithersburg
- Linkages for Learning: Rosemont Elementary School, Gaithersburg
- Manna Food Center, Gaithersburg
- So What Else Inc, Rockville
- Jewish Foundation for Group Homes, Rockville
- Rainbow Community Development Center, Silver Spring
- Shepherd's Table, Silver Spring
- DC Central Kitchen, DC

The need is great, but the season has been bountiful. Thank you for all your support and for being a part of all that we do.

### Okra and Tomatoes (Bamya) Veg, DF, GF

Try this quick Eastern Mediterranean stew from [themediterraneandish.com](http://themediterraneandish.com)

The key to this dish is to sauté the okra until slightly crisp before adding the tomatoes, that will keep the okra from getting too slimy in the final dish.



Extra virgin olive oil  
1 small onion chopped  
4 **garlic** cloves minced  
2 small green chiles such as jalapeno chopped (optional)  
1 lb **okra** sliced into rounds  
Salt and pepper  
1 tsp ground allspice

½ tsp coriander  
½ tsp paprika  
1 ½ cup crushed tomatoes  
½ cup water  
1 large **tomato** sliced into rounds  
Juice of ½ lime more to taste  
**Cilantro**, for garnish

Heat the olive oil in a large skillet (or pan with a lid) over medium-high until shimmering but not smoking. Lower the heat to medium and add the onions, garlic and chopped jalapeno peppers. Cook for 4 to 5 minutes stirring regularly (do not let the garlic burn, if needed adjust heat). Add the okra and sauté for 5 to 7 minutes over medium-high heat. Season with kosher salt, black pepper and spices. Toss to coat.

Add the crushed tomatoes and water. Stir to combine. Add the tomato slices on top. Bring to a boil, then turn the heat to low and cover most of the way (leave a little opening at the top). Let the okra simmer on low heat for 20 to 25 minutes or until the okra has softened. Uncover and add juice of ½ lime (more to your liking).

Remove from heat, top with chopped cilantro, and serve over rice or with warm pita bread.

### Smashed Charred Beets Veg, DF, GF

A super easy beet recipe that doesn't require any peeling. Adapted from [bonapetit.com](http://bonapetit.com)

1 bunch of small beets, scrubbed clean, dried (about 1½ pounds)  
3 tablespoons extra-virgin olive oil, divided  
Kosher salt  
2 tablespoons white wine vinegar  
2 teaspoons honey

Preheat oven to 450°. Toss beets with 1 Tbsp. oil on a large, foil-lined rimmed baking sheet and season with salt. Roast, tossing once, until charred on the outside and tender, 45–50 minutes. Let cool slightly.

Meanwhile, whisk vinegar, honey, and 2 Tbsp. oil in a small bowl. Season with salt. Smash cooled beets with the palm of your hand or the flat side of a chef's knife and add to plates. Drizzle chile dressing over top.

