

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 8  
August 25 & 28

## IN THE SHARE:

“ / ” Indicates Choice

- Garlic
- Carrots
- Hot Peppers
- Tomatoes/ Squash
- Cherry Tomatoes
- And more!

## 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, Tithonia

YELLOW: Sage, Winter Savory, Lemon Balm,

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

## Nice to Meet You!

Darlene introduced me last week, but I thought I'd take a moment to tell you a little more about myself. I'm the new **CSA Coordinator, Rachel Armistead**. I live on a farm in Frederick County, with my husband and 2 young boys. We also share the farm with my husband's parents and grandmother, so we have 4 generations living and working together! When I'm not working at Red Wiggler or my own farm, I love to read, dance, cook, hike, and play with my boys and dogs. I also love to eat! Especially this time of year—for me, a ripe tomato sandwich is the definition of summer pleasure! I got to meet many of you last week; thanks for coming up and saying hello. I look forward to meeting and chatting with more members over the next couple weeks, as the Summer CSA wraps up. Come up and tell me your favorite summer culinary pleasures!



## Farm Notes:

If you haven't been out to the Pick-Your-Own Gardens in a while, August is a great time to pay them a visit. From all the beautiful flowers in bloom, to the tasty herbs that are ready to pick, your senses are in for a treat! Here are some of my current favorites:

**SUNFLOWERS:** A mason jar full of sunny blooms is my go-to this time of year. Because they usually come on strong in late summer, sunflowers cheerfully remind us all to savor the sun and warmth of the season; the cool weather of fall will be here before you know it! We've got a few different sizes and colors of blooms right now, so grab a couple stems and create a summer bouquet!

**BASIL:** So much basil! We've got a couple of beds of Genovese, or Italian, basil. The plants are big and lush, and starting to flower, so taking lots of basil actually helps us out! The great thing about basil is that it pairs so well with just about all the veggies you're getting these days—tomatoes, squash, peppers, potatoes, and more. And if you're feeling adventurous, try some lemon or Thai basil too!

**COSMOS:** Blooming in a wide range of colors, these annual flowers are a fun and easy summer delight. Cosmos are in the same family (Asteraceae) as daisies and marigolds (which are also popping right now), and just as cheerful. Go for a whole bouquet of them, or use them to accent your sunflower stems!

**CILANTRO:** With this week's share, you've got almost everything you need for a simple summer salsa: tomatoes, garlic and hot peppers. All you need to add from home is a bit of onion, lime juice and salt. Take a moment to pick some cilantro to really make your salsa sing! Cilantro also makes an unusual and delicious pesto; just follow your favorite recipe, using cilantro instead of basil!

### Tomato Sandwich Ideas

Tomato sandwiches are my favorite summer meal. I could basically eat them for lunch and dinner every day of tomato season! Here's my favorite way to eat them, as well as a few combos you might want to try.

—The classic tomato sandwich is just a nice thick slice of ripe tomato and a bit of mayo on your favorite bread (a nice sourdough really adds flavor, if you have it). I like to add a slice of sharp cheddar cheese; the creamy cheese and acid tomato pair really well together. And it may be messy, but I like to eat mine open-faced, so the ratio of tomato to bread is a little more balanced. Yum, I'm hungry already!

—Instead of a caprese salad, try a caprese sandwich! Layer slices of tomato, slices of fresh mozzarella and basil leaves on a cibatta roll. Drizzle with olive oil and balsamic vinegar, sprinkle with salt, and enjoy!

—Another classic sandwich is the BLT. But when you've got great B (bacon) and fresh, ripe T (tomatoes), you can throw anything in the middle and make it delicious. Try A (avocado), C (cucumber), S (spinach), and more. What words can you spell with your sandwiches?

—Finally, here's an unusual idea for a tomato sandwich. Tomato and peanut butter. Sounds crazy, but it's delicious! Use natural, unsweetened peanut butter on lightly toasted bread. Add a thick slice of ripe tomato and sprinkle with salt. Yum! If you try this one, please let me know what you think!

### Easy Cherry Tomato Salsa **Veg, DF, GF**

Cherry tomatoes often have a bit more sweetness than large slicing tomatoes. So they work really well as a salsa, with the sweet tomatoes and the sour limes playing off each other. Add a little heat with a hot pepper or two, and you've got a fun, easy fresh salsa with a twist! Depending on whether you like chunkier or smoother salsa, you can prepare this one of two ways.

- 1/2 medium white onion
- **1 jalapeño pepper, seeded**
- **1 - 2 garlic cloves**
- **1 pint cherry tomatoes**
- **1/2 cup loosely packed fresh Cilantro leaves**
- 1/2 large lime
- 1/2 teaspoon sea salt
- 1/4 teaspoon coarse ground black pepper



**SMOOTH SALSA:** Roughly chop the onion and add to the bowl of a food processor or mini chopper along with the jalapeño pepper, and garlic. Pulse until the contents are finely diced. Add the cherry tomatoes and pulse a few times. Add the cilantro, and pulse until the salsa is as smooth as you like. Add the salsa to a bowl and add the lime, salt, and black pepper. Taste and adjust the amount of lime and salt as needed.

**COARSE SALSA:** Hand dice the onion and jalapeño and place in a bowl. Add minced or crushed garlic. Chop the cherry tomatoes into quarters, and add to bowl. Add minced cilantro, lime juice, salt and pepper. Mix salsa, and adjust lime and salt as needed. When making coarse salsa, the flavors will meld if you let it sit for a few hours, either on your counter or in the fridge.