

# The Worm's Voice

Red Wiggler's CSA Newsletter

Fall 2021 Week 3  
Sept 29 & Oct 2

## IN THE SHARE:

“ / ” Indicates Choice

- Root Veggies
- Eggplant/Okra/Peppers
- Winter Squash
- Green Onions
- Cooking Greens
- PYO Cherry Tomatoes (last chance!)

## PICK-YOUR-OWN

Blue flag in field indicates ready to pick.

**RED:** Mint, Oregano, Chives, Peppermint, Spearmint, Dill Seeds, Russian Sage, Lavender, Marigolds

**ORANGE:** Fennel, Gomphrena, Statice, Basil, Marigolds, Cosmos, Sorrel

**PINK:** Zinnias, Marigolds, Salvia, Ageratum, Lemon Basil, Thai Basil, Basil, Dill, Tithonia, Double-Bloom Cosmos, Parsley

**YELLOW:** Sage, Winter Savory, Lemon Balm

**PYO FUN! GLEAN CHERRY TOMATOES IN UPPER FIELD!**

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

## FARM NOTES

While we do consider some worms and caterpillars pests here on the farm (because they eat YOUR food!), there are many that we consider beneficial and do our best to protect. One of those, which we are seeing a lot of these days, is the swallowtail caterpillar. These striking yellow and black creatures, sometimes called parsley worms, are busy fattening up on dill, carrot tops and fennel, in preparation for their upcoming metamorphosis. Soon, we'll be on the lookout for their bright green chrysalises. And a few weeks after that, we'll all be hoping we're lucky enough to happen across an emerging swallowtail butterfly!



## HOW TO DRY FLOWERS

The PYO gardens are still full of beautiful blooms, but the chill in the early morning air reminds us the season is fleeting. It's easy to hang-dry a bouquet of late summer flowers to carry you past that first frost and into the winter. Many of our flowers are perfect for hang-drying: gomphrena, straw flowers, lavender, statice, ageratum, celosia and more. This week, gather a bouquet for drying by following these simple steps:

1. Gather your flowers in a bunch by the stem and secure them with a piece of string or rubber band. Hang them upside down in a cool, dark, dry area that receives good air flow. Try to keep them out of the sunlight to retain some of their vivid colors.
2. Leave flowers to dry for a few weeks. You will notice the flowers will start to change colors. Bright, vibrant colors will soften to create a vintage-looking bouquet of pastel colors.
3. When the end of the stem snaps easily, the flowers are dry. Use dried flowers in vases, or crafts like homemade wreaths or centerpieces.

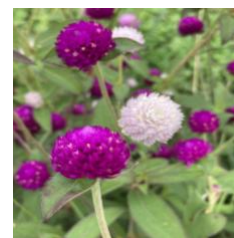
When picking flowers to dry, use these images as a guide



Pick strawflower when the first ring of petals is open, but the rest of the petals are still tightly closed



Pick celosia when the colors are bright and the petal clusters are still tight on the stalk



Pick gomphrena when the head is bright and tight, and the small yellow or white pistils have not yet fully emerged



Pick lavender and ageratum when the petals are whole but have not yet opened

### Herbed Butter **GF, Veg**

This week, do yourself a favor and grab a few handfuls of herbs from the PYO garden. Then, make yourself this deliciously versatile herbed butter, and slather it on anything and everything in your share! This recipe is totally customizable; use ingredients to fit your tastes, or fit what you're cooking. See below for some ideas on how to use it (if you don't just eat it with a spoon first!)

#### INGREDIENTS

- 1 cup unsalted butter
- **1-2 cloves garlic**
- **1-2 green onions**
- **2-3 tbsp fresh herbs in any combination\***
- Salt and pepper to taste

#### DIRECTIONS

1. Place butter in medium bowl, and allow to come to room temperature
2. Crush or finely chop garlic cloves
3. Finely chop green onions
4. Finely chop fresh herbs
5. Add garlic, green onions, and herbs to bowl with butter, and mix thoroughly
6. Season with salt and pepper to taste
7. Transfer ghee to airtight container
8. Store in refrigerator, and use within 2 weeks



\*The PYO is your culinary playground with this recipe. So many possibilities, you'll want to make a few types to pair with everything! Here are some suggestions to get you started:

- basil, oregano, parsley
- dill and chives
- sage and rosemary
- or make a sweet butter, using butter, honey, and lavender, mint or marigold petals

#### SERVING SUGGESTIONS

Basically, anywhere you'd use butter, you can use this stuff!

- Roast this week's **root veggies**, then toss in the herbed butter before serving. Carrots pair well with sage. Beets brighten with dill. Turnips and radish can be roasted or even sliced and eaten raw with a little smear of chilled butter, as is commonly done in France.
- Whether you roast your **winter squash** whole or peel, steam and mash it, this butter makes it better. Rub the inside of the squash with butter before roasting, or finish with it after mashing.
- Sauté your **summer veggies**—eggplant, okra and sweet peppers—then cook your favorite pasta. Throw the veggies and pasta together, and toss with plenty of this butter for a super simple meal.
- Baking a chicken this week? Rub this butter on and under the skin before cooking for a golden finish and delicious flavor.
- Or simply get a nice loaf of bread, slice it up, slather, eat and repeat!