

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 1  
May 18 & 21

## IN THE SHARE

“ / ” indicates a choice

- Radishes
- Hakurei Turnips
- Spring Onions
- Rhubarb
- Lot of greens to choose!

## PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

### RED:

Lovage  
Oregano  
Chives

### ORANGE:

Crimson Clover  
Fennel  
Chamomile

### YELLOW:

Lemon Balm  
Sage  
Sage Flowers

## NEED HELP?

Ask a Red Wiggler staff for help finding these in the PYO, ideas on how to use them, or anything else!



Whether you're a new member or a seasoned veteran, we are so glad to welcome you to the farm this season! We've had lots of rain AND lots of sunshine lately—perfect conditions for growing delicious and nutritious food! With the rain and cooler weather, however, some things (especially in the PYO) are a little behind where they were this time last year. So this week's a bit of a "soft opening." Walking through the PYO, you'll see plenty of things just about to bloom or surge. So as you grab a few herbs and flowers this week, feast your eyes on all the "almost-ready," knowing that much more is soon to come!

## Share Pick-Up Checklist

- Bring a bag, box or basket
- Leave the pets at home
- Wash/sanitize your hands upon arrival
- Be mindful of maintaining 6' physical distance
- Remember to check-in
- Visit the PYO (before or after getting veggies)
- Enjoy the farm!

## PYO Highlight



Crimson clover! Arguably the most dramatic cover crop, crimson clover is truly a beauty! Its showy flower heads are as ornamental as any cultivated cut flower. But crimson clover is also a nutritional powerhouse for the soil, fixing loads of nitrogen for crops that follow and, when sown densely, crowding out small germinating weeds. Beauty for the eyes, and nutrition for the soil—a win-win, for sure!

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Lemon Balm Shortbread Cookies **VEG**

*Sweet, lemony, buttery...what more could you want!?!?*

*--from Kitchen Vignettes on pbs.org*

### INGREDIENTS

- 1 stick (1/2 cup) unsalted butter, at room temp
- 1/2 cup + 1 Tbsp confectioner's sugar
- 1 cup flour
- 1/8 tsp salt (omit if using salted butter)
- 3 Tbsp chopped fresh lemon balm (about 25 leaves)
- 1 tsp fresh lemon zest

### DIRECTIONS

1. Rinse lemon balm, pick leaves off stems, and allow to dry completely. Pile the leaves on top of each other, a dozen at a time, and roll into a tight "cigar". Using a sharp knife, slice very thinly. Pile the shredded herbs into a mound and chop them up a bit more, until quite fine. Use right away.
2. In a medium bowl, beat together the butter, chopped herb, lemon zest, salt, and sugar until creamy. Add the flour and mix well, but be careful not to overmix. You may need to use your hands for the final part of mixing. Once the dough is smooth and holding together, roll it into a ball and flatten it. Wrap tightly in wax paper or plastic wrap and chill for 20 minutes.
3. Roll the flattened disc out on a lightly floured countertop and cut into shapes using a cookie cutter. Refrigerate the unbaked cookies for 20 minutes before baking. This helps them hold their shape and bake more evenly.
4. Bake in a preheated 350 oven for 8 to 10 minutes on a rack placed in the top third of your oven.
5. Hate rolling dough? I do! I just skip the whole rolling thing and press shortbread into an 8x8 dish, chill in the fridge for 1-2 hours, bake it, and cut it into small squares for serving. Or you can roll the whole thing into a cylinder, chill in the fridge, then slice into 1/4" rounds and bake as cookies.



## Melissa's Strawberry Rhubarb Sauce **VEG, DF, GF**

*More of a set of guidelines than a recipe, this sweet and tangy sauce is perfect to pour over ice cream, yogurt, cheesecake, pancakes... Just about anything!*

### INGREDIENTS

- 1 to 1.5 cups chopped rhubarb
- 12-15 strawberries (frozen are fine)
- 1/4 to 1/2 cup sugar (can be white, brown or turbinado)
- 1/2 cup water



### DIRECTIONS

1. Place all ingredients in a medium saucepan. Use medium heat until the juices start to flow, then increase to medium-high. Bring the sauce to a gentle boil.
2. Continue gently boiling (and stirring every few minutes) until the rhubarb softens and the sauce begins to look a little shiny. This might take 10-15 minutes depending on how much you want the rhubarb to soften, and/or the sauce to thicken.
3. When you've reached your desired thickness, allow the sauce to cool enough to taste. If you find the sauce is too tart, add a little honey. If it's too sweet, add a little lemon juice. For a special treat, add a little vanilla extract.
4. If you're going to eat it right away, spoon it over anything you like, and go for it!
5. If you want to make it last, pour it into a canning jar with canning lid while still hot, and invert the jar for a few minutes so that the hot sauce heats the lid. After 5 minutes or so, flip the jar back to right-side up and allow it to cool to room temperature. Refrigerate until use. This isn't proper canning technique, but will keep the sauce for at least a week.

### **Roasted Hakurei Turnips and Radishes** VEG, DF, GF

*I only recently discovered the joys of roasted radishes. I had always just eaten them raw, which is great. But roasting them adds a depth and sweetness I didn't even know I was missing. I urge you to try them!*

### INGREDIENTS

- 1 bunch radishes
- 1 bunch hakurei turnips
- olive oil
- salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 425°. Move oven rack to lower middle position. Place roasting pan in oven.
2. Slice greens off turnips and radishes. Scrub roots well, and rinse/dry greens well. Cut radishes and turnips into halves, quarters or sixths, depending on their size. Place in bowl.
3. Toss with olive oil until coated. Sprinkle with salt and pepper as desired.
4. Place veggies into roasting pan, placing them so most have a flat side down in the pan. Roast for about 15 minutes, stirring or flipping halfway through. While roots are cooking, chop greens coarsely and toss with a little more olive oil, salt and pepper.
5. Pull roasting pan from oven, stir veggies, spread greens out on pan and return to oven for about 5 more minutes. Serve immediately.

