

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 2
May 25 & 28

IN THE SHARE

“ / ” indicates a choice

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

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED:

Lovage
Oregano
Chives
Spearmint
Parsley

GREEN:

Chamomile

ORANGE:

Lamb's Ear
Fennel
Nigella

YELLOW:

Lemon Balm
Sage
Valerian

NEED HELP?

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



Red Wiggler's
WELLNESS
workshop series

Creating a healthy community is about more than food! This season's workshop series bring the body, belly and mind together to help busy folks create a healthy lifestyle. Join us for Mobility/Flexibility on 6/4, Seasonal Meal Planning on 8/20, and Mindfulness on 9/24.
Details and registration at <https://redwiggler.org/2022-workshops/>

Mobility &
Flexibility

6/4

1-2:30 pm

Join us for this year's workshop series promoting a healthy lifestyle, no matter how busy you are! Learn how to fit healthy moving, healthy eating, and healthy stress management into your days. No matter your age or what kind of shape you're in, your body will thank you!

****Workshops are \$15 each, or \$40 for all 3. [Register here!](#)****



Our first workshop focuses on the importance of mobility and flexibility for health and longevity. Thank you to Corey Smallwood of [GoPerformance](#) in Clarksburg for volunteering his time and expertise! Contact [Rachel](#) if you need any accommodations in order to participate.

FARM NEWS

This week, one of our regular volunteers introduced a new gardening term we'd never heard of: the Chelsea Chop. Not only does it have an interesting origin (and is fun to say!), it's also a useful technique you might want to try in your home gardens. It is so named because it's usually done at the end of May, which coincides with the mother of all garden shows: the Chelsea Flower Show in England. The idea of the Chelsea Chop is to cut leggy perennials back, by about a third or a half, to reduce their size. By doing so, the plant is kept compact, produces more bushy growth, and flowering is delayed. The flowers may be smaller but in many cases are more numerous. This means you can prolong the flowering season and ensure you have color until later in the year. If you carry out the Chelsea Chop on some plants, but leave others, you can stagger their flowering for an even longer display.

What flowers benefit from the Chelsea Chop? Robust, mid to late summer-flowering perennials benefit the most, so try it on perennials like black-eyed susan, salvia, sedum, garden phlox, helenium, aster, cone flower, yarrow, golden rod, and perennial sunflowers.

Learn more, and see an example of 2 Chelsea Chop techniques [here](#).

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Universal Stir-Fry **DF, GF**

This versatile stir-fry sauce and technique will work with any of our greens choices this week! Serves 2.

INGREDIENTS

- 1 bunch spring greens
- 1-2 cloves garlic, minced
- 1-2 tsp ginger, minced
- 2 tsp peanut oil (or other high-heat oil)

For the Stir-Fry Sauce

- 3 Tbsp cooking sherry
- ¼ cup chicken or vegetable stock
- 1 ½ Tbsp oyster sauce
- 1-2 tsp brown sugar
- 1/3 tsp cornstarch, dissolved in 2 Tbsp cold water (optional)



DIRECTIONS

1. Thoroughly rinse your greens well to remove any grit and let drain in a colander while you prepare the stir-fry sauce.
2. In a small bowl mix together the sherry, stock, oyster sauce, and brown sugar. Set aside.
3. Heat a wok or large frying pan over high heat. Add oil, then add the garlic and ginger. Stir-fry 30 seconds to 1 minute (avoid over-browning the garlic—you want it sort of golden white in color, or it will taste bitter).
4. Add your desired greens, plus 2 to 3 Tbsp of the stir-fry sauce you made. Moving the greens constantly, stir-fry until the wok becomes dry, then add more sauce. Cook for 2-3 minutes total.
5. Add all the remaining stir-fry sauce and reduce heat to medium-low, so that the dish is gently simmering. Simmer until you're happy with the cooked texture of the greens (you may not need this step at all, depending on what greens you use, and how soft you like them). If you want a thicker sauce, add the cornstarch dissolved in water mixture, and simmer 30 seconds to 1 minute.
6. Remove from heat and taste-test. Add a little more sugar if too bitter, or a little more oyster sauce if not salty or flavorful enough. If too salty, add a bit of lime or lemon juice.
7. To serve, tilt your greens out of the wok into a shallow serving bowl and pour any remaining sauce from the wok over top (including the garlic and ginger bits). Serve with rice and enjoy!

Sesame-Tahini Dressing **VEG, DF, GF**

This dressing works with any of our spring greens, cooked or raw. It also works for sandwiches and wraps!

INGREDIENTS

- 1/3 cup tahini
- 1 medium lemon, juiced (~3 Tbsp)
- 1-2 Tbsp maple syrup
- 1 clove garlic, minced (optional)
- Sea salt, to taste
- Water (to thin, if desired)

DIRECTIONS

- Whisk together all ingredients (except water) in medium bowl. Mix will be very thick at first.
- Slowly add water while whisking until creamy and pourable, or to your desired thickness
- Taste and adjust flavor as needed, adding more lemon, salt or maple syrup to your desired taste
- Use immediately, or store in fridge for 1 week.