

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 4
June 8 & 11

IN THE SHARE

“/” indicates a choice

- Radishes/Turnips
- Kohlrabi
- Spring Onions
- Lettuce
- Cooking Greens

PICK-YOUR-OWN

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

RED

Lovage
Oregano
Chives
Parsley

GREEN

Chamomile
Cilantro
Dill

ORANGE

Lamb's Ear
Fennel
Chamomile
Nigella
Snap Peas

PINK

Bachelor Buttons

YELLOW

Lemon Balm

NEED HELP?

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

JUNE 11, 2022 AT 10 AM

FARM TOUR THIS SATURDAY!

ALWAYS FREE FOR CSA MEMBERS AND THEIR FAMILIES

INFO AND REGISTRATION AT: [HTTPS://REDWIGGLER.ORG/TOURS/](https://redwiggler.org/tours/)

FARM NEWS

Two words: SNAP PEAS! We've got two rows of them, and they're practically dripping off the plants. If you didn't get up there to pick last week (and even if you did), do yourself a favor and take a few minutes to get yourself some!



I find the green varieties we have this year, Oregon Sugar Pod (technically a snow pea) and Sugar Ann, to be a bit sweeter than the purple variety, Royal Snap. So enjoy the satisfying crunch of the green varieties raw, plain, or with a little hummus. And throw the gorgeous purple ones into a stir fry, or try the recipe below.

PYO HIGHLIGHT: Nigella

Also known as love-in-a-mist, nigella is a charming flower in the buttercup (Ranunculaceae) family that is native to southern Europe and northern Africa. Nigella's colorful flowers are surrounded by a "mist" of thin, lacy bracts that look almost like fennel leaves. The fun thing about nigella is that you get two fun looks out of one flower. First, the blooms themselves are a great addition to a bouquet. Then, you get the balloon-like seedpods, with their green and red stripes, which add interest and texture to a fresh or dried arrangement. As an added bonus, nigella seeds are easy to collect, and can be used to start your own patch at home, or to add flavor and aroma to your cooking.



To collect seeds, pick a bunch of stalks with mature seed pods and hang them upside-down to dry out. Once the seed pods are brown and the seeds rattle around inside when you shake them, put into a paper bag. If you leave them, the pods will eventually open on their own, or you can help the process along. Shake out the seeds, sift out any chaff, and you're ready to go! Use the seeds in Indian or Middle Eastern cuisines, or plant in your garden. Nigella self-sows, so pick a place for a patch, and watch it come back, year after year!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Sautéed Snap Peas with Lemon **VEG, GF, DF**

I love raw snap peas, but sometimes it's fun to mix it up and cook them for a side dish. So I love that we have the two different types this year. I'll sauté the purple ones, and munch on the green ones while I'm cooking!

INGREDIENTS

- 1 tbsp olive oil
- 1 lb **snap peas** (purple or green)
- 1 tsp freshly grated lemon zest
- Salt & pepper to taste
- Chopped **green onions** for garnish (optional)



DIRECTIONS

1. Remove stems and strings from snap peas.
2. Heat oil in a skillet over medium-high heat.
3. Add the snap peas and toss to coat. Cook for 2 minutes, stirring frequently.
4. Add the lemon zest, salt and pepper, and cook for another 3-5 minutes, until the snap peas begin to puff up and are crisp yet tender. Sprinkle with green onions (if desired) and serve immediately.

Panch Phoran Shalgam (Turnip With Indian 5 Spice Mix) **VEG, DF, GF**

Though delicious as is, this recipe is also valuable because it teaches you how to make Indian 5 spice mix, which can be used on a bunch of veggies coming our way this season: eggplant, squash, potatoes, carrots...

INGREDIENTS

- 1 tbsp of your favorite cooking oil
- 1 medium onion, chopped
- ½ teaspoon turmeric powder
- 1 lb **turnips**, cleaned and cubed
- Salt to taste
- Chili flakes or black pepper to taste
- 1-2 tsp panch phoran (Indian 5 spice mix)
- **Cilantro** and/or **green onions** for garnish



DIRECTIONS

1. Make the panch phoran: coarsely grind equal parts fennel, fenugreek, brown mustard, nigella and cumin seeds. You can make extra and store in an airtight jar for several weeks.
2. Heat oil in a skillet over medium heat. When hot, add panch phoran and mix until the spices start to give off an aroma, about 30 seconds.
3. Add onions and toss to coat. Cook for 2-3 minutes, until translucent.
4. Add turmeric powder and mix
5. Add turnips, salt and chili or pepper to taste
6. Mix well, cover and cook on low heat, stirring occasionally, for 10-12 minutes, or until tender. Taste and adjust salt or spices to meet your tastes.
7. Top with chopped green onions and/or cilantro. Serve immediately.