

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 5
June 15 & 18

IN THE SHARE

“ / ” indicates a choice

- Radishes/Turnips/
Kohlrabi
- Scallions/Garlic Scapes
- Lettuce
- Cooking Greens

PICK-YOUR-OWN

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

RED

Lovage
Oregano
Chives
Parsley
Lavender
Peppermint

GREEN

Chamomile
Cilantro
Dill

ORANGE

Lamb's Ear
Fennel
Chamomile
Nigella
Snap Peas
Pea Shoots

PINK-- Bachelor Buttons

BROWN-- Phacelia

YELLOW

Lemon Balm
Yarrow
Sage

NEED HELP?

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



FARM NEWS

Did you know that lots of plants need to be harvested in order to stay alive and keep producing? Yep, that's why we "deadhead" flowers like petunias and



nasturtiums, take the tops off basil plants, and harvest the flowers off plants like chamomile. Speaking of chamomile... We need your help! Our chamomile patch is bursting with blooms, and if we don't harvest them, the plant is going to give up and die, thinking it's done its job. So, we need you to help us harvest. Melissa has made a little [video](#) about how to easily harvest chamomile flowers and posted it on our Facebook page. So this week, get yourself a few good handfuls of blooms and make a simple [tea](#), a [chamomile steamer](#) or even a [cocktail](#)!

Last call (probably) for snap peas and pea shoots! Our two rows of peas are still pumping, but the plants are showing typical signs of summer stress (they're a spring crop and don't do too well once it starts to get consistently hot), so we don't think they're going to be around much longer. We also have a row of pea shoots available for cutting. The pea shoots row is above the rows of peas in the ORANGE PYO. Please help yourself to the last of these spring delights!

PYO HIGHLIGHT: Phacelia

Part of the borage family, phacelia (sometimes called heliotrope) is native to North and South America. We love phacelia not only because it's pretty and long-lasting, but also because it is a pollinator powerhouse. Bumblebees, honeybees and hoverflies are attracted to its bright purple-blue blooms. Some farmers even use it as a cover crop, due to its ability to absorb excess calcium and nitrates into the ground, and condition the soil. Like chamomile, phacelia is a "cut and come again" flower, so by taking some for your bouquets, you're actually helping the plant make more flowers!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Pad Kee Mao (Drunken Noodles) **DF, GF (with modifications)**

The fun of this recipe is that it's really the basil, chiles and garlic that give it a distinct flavor. That and the texture of the wide rice noodles. The rest of it is up to you, so you can use whatever greens or veggies you have around! This recipe serves 2 generously, so adjust accordingly to feed more folks.

FOR THE NOODLES

- 8 ounces sen yai or other wide rice noodles
- 2 to 4 green and red bird's-eye or other very hot chiles, such as serrano
- 7 garlic cloves
- 8 ounces ground pork or chicken, fresh seafood, or cubed extra-firm tofu
- 1 bunch of your favorite **cooking greens**, stemmed and chopped
- ½ lb other veggies—turnips, radishes, kohlrabi, etc—diced
- 1 heaping cup lightly packed holy basil, Thai basil, or Italian basil leaves
- 3 tablespoons vegetable oil
- Lime wedges, **scallions**, and **cilantro** for garnish

FOR THE SAUCE

- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 ½ teaspoons distilled white vinegar
- 1 ½ teaspoons Thai black soy sauce or another thick, sweet soy sauce (regular soy sauce or gluten-free tamari with a little extra sugar in it will work fine too)

DIRECTIONS

1. Prepare the noodles: Place dried noodles in a large bowl and cover with hot tap water. Let soak 30-40 minutes, allowing the water to cool, and separating the noodles occasionally with your hands. Steps 2-4 can be done while noodles are soaking. When ready, noodles will be white, limp and almost soft to the bite. Drain, and fluff noodles with your hands. Set aside.
2. Meanwhile, make the sauce: In a bowl combine the oyster sauce, soy sauce, fish sauce, vinegar and black soy sauce. Set aside.
3. Remove the stems and seeds from the chiles. Using the flat side of a wide, heavy knife, smash the garlic and chiles. Use a mortar and pestle or small food processor to grind the peeled garlic and seeded chiles into a rough paste. Or just use the knife to mince the garlic and leave the smashed chiles whole.
4. Place the remaining ingredients in bowls and line them up in the order they'll be added to the pan: protein, other veggies, greens, noodles, sauce and basil. When ready to cook, put 1 cup of hot tap water near the stove.
5. Heat the oil in a 14-inch wok or a large Dutch oven over medium until shimmering. Add garlic mixture and stir-fry over medium heat just until sizzling and fragrant, stirring for 30 to 45 seconds.
6. Add the protein, raise the heat to high and stir-fry for 2 or 3 minutes. Add other optional veggies and greens. Keep cooking until protein is just cooked through, 1 to 2 minutes longer.
7. Add noodles, spreading them around the pan, tossing and separating them. When noodles are sizzling, add 3 tablespoons sauce and stir-fry, tossing to coat and cook through.
8. Taste noodles for doneness and seasoning. If needed, add more sauce a little at a time until the dish is spicy and savory and not too sweet. Add hot water, 1 tablespoon at a time, if noodles are not quite soft.
9. When the noodles have absorbed all the sauce and the flavors are balanced, add the basil leaves and toss to combine. Garnish with lime, scallions, and cilantro and serve immediately.

