

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 6
June 22 & 25

IN THE SHARE

“/” indicates a choice

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

PICK-YOUR-OWN

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

RED

Bee Balm
Oregano
Chives
Parsley
Lavender
Peppermint

GREEN

Chamomile
Cilantro
Dill

ORANGE

Lamb's Ear
Fennel
Chamomile
Nigella
Basil

PINK

Bachelor Buttons

BROWN

Phacelia
Poppies

YELLOW

Lemon Balm
Yarrow
Sage
Bee Balm

NEED HELP?

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



THIS WEEK IS GREENS WEEK!

THERE WILL BE LOTS OF GREENS (and onions and scapes) FOR SALE. STOCK UP AND FREEZE THEM TO HAVE GREENS THROUGH THE SUMMER!



ANNOUNCEMENTS

This is the final week of the Spring CSA session. If you are continuing into the Summer session, your first pick-up is on Wednesday, July 6th or Saturday, July 9th. There is no CSA on June 29th or July 2nd. We hope you have a wonderful Fourth of July weekend!

FARM NEWS

Through a partnership with Community Food Rescue, we're excited to welcome a couple of gleaning group to the farm over the next two weeks. Gleaning is the act of collecting leftover crops from farmers' fields after they have been



[Jean-Francois Millet](#), *Des Glaneuses* [The Gleaners], 1857

commercially harvested or on fields where it is not economically profitable to harvest. The practice of gleaning, as well as the guidance to farmers to leave some of the harvest for those who need it, is an age-old tradition around the world and throughout history. Modern gleaning groups not only visit farms to harvest crops, they also visit grocery stores, bakeries and restaurants to “glean” outdated or damaged food.

The groups visiting the farm this month are gleaning our greens crops. As temperatures rise, things like kale and collards are nearing the end of their useful life, from a commercial perspective, but there is still a lot of food value on the plants. These gleaning groups harvest the remainder of the crops, then transport them to a food bank or soup kitchen that can process and distribute them to people who are food-insecure.

Gleaning is a time-tested, low-tech way to help fight food insecurity. And it's a great way for individuals and families to get involved in the effort. Want to learn more or get involved? Check out [Community Food Rescue](#) or [Maryland Food Bank](#) for more information on their gleaning opportunities.



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kale Chips **VEG, DF, GF**

Kale chips are a great way to eat kale, especially if you think you don't like it. They are crunchy, salty and as satisfying as a potato chip. Even kids like them! I find they are best in a dehydrator, but can be done in the oven. If you get all the moisture out and keep them in an airtight container, kale chips will keep relatively crispy for a week or so. But don't be surprised if they're gone the day you make them. They're addictive!

INGREDIENTS

- 1 bunch **kale** (curly or lacinato works best)
- 1 tbsp olive oil (or less—just enough to lightly coat leaves)
- 1 tsp salt

<u>DIRECTIONS (OVEN)</u>	<u>IF USING DEHYDRATOR</u>
<ol style="list-style-type: none">1. Preheat oven to 250° and line a baking sheet with parchment paper2. Wash and dry kale completely3. Tear or cut kale off stems and into pieces a bit bigger than bite-sized4. Drizzle with oil and toss to coat5. Sprinkle with salt and toss again6. Spread kale in single layer on baking sheet7. Bake until the edges start to brown but are not burnt, 20-30 minutes8. Let cool, and store in airtight container	<ol style="list-style-type: none">1. Follow steps 2 through 52. Spread kale in single layer on dehydrator sheets3. Turn dehydrator on high for 1-2 hours, then lower heat to ~125°4. Dehydrate for approximately 6 hours; taste to gauge doneness5. If needed, dehydrate longer, until dry and crispy6. Once cooled, store in airtight container

Hooked? Try different flavors! Use sesame oil and garlic salt. Sprinkle with nutritional yeast for a “cheesy” flavor. Splash a touch of soy sauce or apple cider vinegar for a little tang. The possibilities are endless!

Garlic Scape Pesto **VEG, GF**

You probably know by now that pesto can be made with lots of things besides basil. I have had delicious cilantro pesto, parsley pesto, even kale pesto! This time of year, I like to make garlic scape pesto. It's so easy to make, and it's flavorful and versatile—you can mix it in pasta, spread it on crackers, flavor dishes with it, and mix it with mayo for a simple aioli. It also freezes well, so make a big batch and enjoy this unique flavor all summer long!

INGREDIENTS

- ½ lb **garlic scapes**, coarsely chopped
- ½ to ¾ cup grated parmesan cheese
- ½ cup olive oil
- ½ tablespoon lemon juice
- Salt and pepper to taste

DIRECTIONS

Blend all ingredients in a food processor or blender until smooth. Season to taste with salt and pepper.



How to Blanch and Freeze Cooking Greens

Adapted from method used by our Farm Manager, Melissa

MATERIALS

- One (or several) bunches of cooking greens
- A large cooking pot, 6-8 quarts
- Knife and cutting board
- Colander, or long-handled strainer if you're doing multiple batches
- If you don't have a double sink, prepare a 2nd large pot to use as a sink
- Freezer bags/containers

DIRECTIONS

1. Start about 6 quarts of water on the stove on high heat to boil.
2. While the water is heating, remove the stems of the greens, and chop to your preferred size. Think about the way you'll want to use them, and make the pieces "ready-to-cook" for your recipes. 1" strips are good for quiche or scrambled eggs. 1/4-1/2" shreds are good for dropping into hot soup or a stir fry.
3. Clean one side of your kitchen sink and fill it with very cold water. If you don't have a double sink, fill a large pot with 6-8 quarts of cold water and leave your sink open. You can add ice cubes if your tap water is not cold to the touch.
4. Set the colander in the open sink if doing just a bunch or two. If doing multiple bunches, use a long-handled strainer
5. Drop the chopped greens in the boiling water and stir to cover. Keep stirring and watching for 2 minutes. Turn the heat down if needed to prevent a boil-over.
6. After 2 minutes, pour the boiling greens through the colander to strain them. If you are doing multiple batches, strain the greens out of the water using a long-handled strainer, so you can use the water again.
7. Immediately transfer the hot greens into the cold water and swish around. The faster they get cold – the more nutrients you preserve!
8. Once the greens are cold, squeeze out the excess water and pack them tightly in containers. A great method is to pack the greens in a thin layer in a one gallon silicon (or Ziplock) bag. The thin layer will be breakable so you can use just what you want.
9. Transfer the freezer containers into your freezer right away.
10. If doing multiple batches, repeat the process, bringing the hot water back up to boiling and refreshing the cold water by replacing it or adding more ice cubes.
11. Use the greens over the summer, making sure to use them all up before greens are back in the fall!