

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 2
July 13 & 16

IN THE SHARE

“/” indicates a choice

- Potatoes/Carrots
- Summer Squash/Cukes
- Garlic Scapes/Onions
- Chard/Beets
- Turnips/Kohlrabi
- And more!

PICK-YOUR-OWN

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

RED

Bee Balm, Oregano, Chives, Parsley, Lavender, Peppermint, Shiso, Marigolds, Tarragon

GREEN

Chamomile
Cilantro/Coriander
Dill Flowers/Seeds

ORANGE

Lamb's Ear, Fennel, Chamomile, Nigella Seeds, Basil, Dill, Cilantro

PINK

Bachelor Buttons
Mini Zinnias

BROWN

Poppies
Borage

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!



Upcoming dates to remember:

- [Yoga Happy Hour at the Farm](#): July 22nd from 4:30-6pm. Get your weekend off to a healthy start with outdoor yoga and cold-pressed juices. [Register here>>](#)
- [MoCo Farm Tour](#): July 23rd from 12-4pm. We are thrilled to back in-person for this annual event. Come to the farm for tours, games, refreshments, music and more. Check out other farms in the county too—many are part of the tour!
- [Seasonal Meal Planning](#): August 20th from 1-2:30pm. Join nutrition coach Amy Peters as she reveals tips and tricks for easy meal planning with a seasonal focus. Pre-registration required. [Register here>>](#)

FARM NEWS

If, during our Monday Field Walk, we come across a crop that has browning and curling leaves, droopy stems, or a sickly looking appearance, it's usually a cause for alarm.



POTATO PLANTS EXHIBITING HAULM SENESCENCE.

What pest is doing this? What disease has infected the plants? But this week, standing in front of our potato field, these signs were cause for cheering. That's because of a biological process called *haulm senescence*. Senescence is basically a fancy work for aging (cellular deterioration), and haulm refers to the part of the plant that is above ground. Why do we cheer when we see potato plants dying? Because it means that the potatoes are almost ready to harvest! Nature has provided a "timer" of sorts, allowing us to know when the crop is done growing and ready for storing* and eating. The plants are telling us they've moved all their energy to the tubers, and given up on their leaves, which is good news for all of us tuber eaters! Once the plants have died off, we will dig, harvest, cure and store the potatoes. And if all goes well, we'll have yummy potatoes for CSA and our food bank partners for months to come!

**New potatoes, like those in the CSA this week and last, are ones that are harvested before the plant dies off. They are often smaller and creamier, but don't keep as long as potatoes that have been cured for storage.*

PYO HIGHLIGHT: PARSLEY

Speaking of droopy plants, some of our parsley patch is looking a bit sad lately. We're trying to figure out what the problem is, and if we can do anything about it. But for now, its fate is uncertain. I suggest enjoying this fresh, bright herb while you can, just in case... Try (your new favorite) tabbouleh recipe below!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Tabbouleh **VEG, DF, GF (with modifications)**

Parsley is surprisingly good for you. It's loaded with antioxidants, packed with vitamins like A, C and K, and has anti-inflammatory properties. Yet, we often just use it as a garnish. Enter tabbouleh, the refreshing summery salad popular across the Middle East and Mediterranean. An easy, flavorful to add more of this nutritional powerhouse to your diet!

INGREDIENTS

- ½ cup bulgur*, cooked and cooled
- 1 cup diced **cucumber**
- 1 cup diced ripe tomato
- 1 teaspoon fine sea salt, divided
- 1 large bunch **parsley**
- ⅓ cup chopped fresh **mint**
- ⅓ cup thinly sliced **green onion**
- ⅓ cup extra-virgin olive oil
- 3 to 4 tablespoons lemon juice, to taste
- 1 clove garlic, pressed or minced



**To make gluten free, use quinoa instead of bulgur.*

DIRECTIONS

1. Combine the diced cucumber and tomato in a medium bowl with ½ teaspoon of the salt. Stir, and let the mixture rest for at least 10 minutes, or until you're ready to mix the salad.
2. To prepare the parsley, cut off the thick stems. Then, finely chop the parsley and remaining stems—by hand or with a food processor (easier!). Transfer the chopped parsley to a large bowl.
3. Add the cooled bulgur, chopped fresh mint, and green onion to the bowl of parsley. Strain the cucumber and tomato, and add to the bowl (discard the cucumber and tomato juice you strained off; this ensures that your tabbouleh isn't too watery).
4. In a small bowl, whisk together the olive oil, 3 tablespoons lemon juice, garlic, and remaining ½ teaspoon salt. Pour it into the salad and stir to combine. Taste, and adjust if necessary—add another tablespoon of lemon juice for zing, or salt for more overall flavor.
5. If you have the time, let the salad rest for at least 15 minutes before serving to let the flavors meld. This can be made ahead and chilled. Serve at room temperature or chilled, as you prefer.

Buttered Parsley Potatoes **VEG, GF**

I realize you probably know how to boil and butter potatoes, but I'm including this simple recipe as a reminder that something doesn't have to be elaborate or time-consuming to be delicious!

INGREDIENTS

- 1 lb “**new**” potatoes, cleaned and quartered
- 1 tsp salt, plus more to taste
- 2(ish) tbsp butter, or ghee
- ¼ cup chopped **parsley**
- Freshly ground black pepper

DIRECTIONS

1. Cook the potatoes in a medium saucepan with cold water and salt until the potatoes are fork-tender, about 15-20 minutes.
2. Drain, then add the potatoes back to the pan and add butter or ghee, and parsley. Season with salt and pepper to taste.
3. Give the potatoes a vigorous stir with a wooden spoon, or shake the pan with the lid on to break the potatoes up a bit. Let sit on warm (not on) burner for a few minutes before serving.