

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 4
July 27 & 30

IN THE SHARE

"/" indicates a choice

- Potatoes
- Squash/Cukes
- Garlic/Fennel
- Sweet/Hot Peppers
- Cherry Tomatoes

PICK-YOUR-OWN

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

RED

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

GREEN

Coriander Seeds
Dill Flowers/Seeds

ORANGE

Lamb's Ear, Basil, Dill, Cilantro, Zinnias, Sunflowers

PINK

Mini Zinnias, Statice, Gomphrena, Celosia, Basil, Lemon Basil, Sunflowers

BROWN

Poppy Seeds

YELLOW

Lemon Balm
Sage

NEED HELP?

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



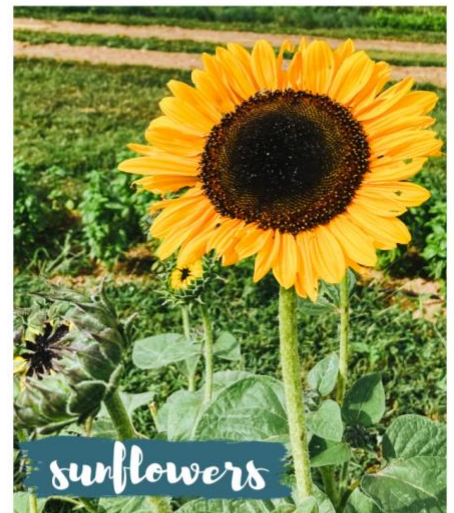
UPCOMING WORKSHOP
8/20 -- Seasonal Meal Planning

Learn nutrition basics, techniques and strategies for planning weekly meals based on healthy and seasonal eating.
-Taught by Amy Peters of Shape of Strength

REGISTER TODAY!



The PYO is popping right now! Take a look at some of the new flowers blooming, and get inspired for your next bouquet!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Green Coriander Marinade **VEG, GF, DF**

Here's a fun recipe for you adventurous eaters! You have probably used cilantro and coriander before. But have you ever used green coriander? Those are the green pods of the cilantro plant, before they have matured into the tan-colored seeds we know as coriander. Try this vibrant, zesty marinade on grilled squash, fish or chicken.

INGREDIENTS

- 1/2 lemon
- 1/2 lime
- 1 clove **garlic**
- 1 **jalapeno**
- ¼ teaspoon sea salt
- 1 tablespoon soy sauce or tamari
- 1 ½ tablespoon avocado or olive oil
- 1 tablespoon **green coriander**
- black pepper to taste



Green coriander pods

DIRECTIONS

1. Squeeze the juice of lemon and lime into a small bowl.
2. Peel and coarsely chop garlic. Remove stem and seeds from jalapeno; coarsely chop. Place garlic and jalapeno into mortar or food processor. Add salt. Grind together into a paste. Scrape the mash into the lemon-lime juice. Set aside.
3. Place coriander into mortar or food processor and slightly crush. Add to lemon-lime mixture. Stir in soy sauce/tamari, oil, and a few grinds of black pepper.
4. This should make enough marinade for a pound or two of fish, chicken or veggies. Green coriander's spicy-citrus flavor is strong, so a little goes a long way!
5. If using with fish, pour marinade over fish and allow to rest about 15 minutes before cooking.
6. If using with chicken, marinate the meat at least 30 minutes or overnight in the fridge.

Roasted Summer Squash **VEG, GF, DF**

I love roasted root veggies, but for some strange reason, I never thought to roast summer squash. I either grill it or sauté it. Well, sauté no longer, folks (grilling is still delicious!). I roasted a bunch of squash the other day, and it was amazing! So flavorful, with a creamy texture, and not watery like it is when I sauté it. It's my new go-to, for sure!

INGREDIENTS

- 1 lb (or more) **summer squash**
- Olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425°. Turn convection setting on, if you have it.
2. Rinse squash, cut in halves or quarters, lengthwise, depending on their size. Then chop those into ½" sections.
3. Toss with olive oil, salt and pepper (and other seasonings, if desired).
4. Lay in a single layer on a sheet tray, and cook for 15-25 minutes, depending on how "roasted" you like them. Stir/flip the squash halfway through cooking.
5. Serve as is, or top with parmesan cheese and chopped **basil**.