

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 5
August 3 & 6

IN THE SHARE

"/" indicates a choice

- Carrots/Beets
- Garlic
- Cherry Tomatoes
- Summer Veggies

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, Ageratum

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!

CRAB FEST FUNDRAISER!

ALL-YOU-CAN-EAT CRABS & SIDES

Join us for a delicious celebration of summer, and help fund our programs while your at it! Plenty of Maryland crabs, plus seasonal sides prepared by Chef Thomas O'Gara, drinks, music and more.

SATURDAY, AUGUST 13TH 5-7:30 PM

REGISTER TODAY!



DID YOU KNOW?

Fun facts to think about as you eat your veggies!

- When you pick up your share this time of year, most of the items you get are, botanically speaking, fruits. The scientific definition of a fruit doesn't have to do with sweetness or anything else. A fruit is *the mature ovary of a flowering plant that is edible*. So, squash, cucumbers, peppers, tomatoes, eggplant and okra are all, technically, fruits! (For the sake of all our sanity, however, I'm going to keep referring to them all as veggies!)
- Many items in the summer share are also related. Tomatoes, potatoes, peppers, eggplant, and ground cherries (in the PYO) are all part of the nightshade (*Solanaceae*) family. This is a huge and wide-ranging family that contains everything from ornamental petunias to tobacco to poisonous belladonna.
- In 2016, scientists found a [52 million year old tomatillo fossil](#)! It was previously thought that the nightshade family came into existence around 40 million years ago, so this discovery really changed the way scientists thought about the evolution of this plant family. It means that the tomatillo's ancestor plants could have even been around during the time of the dinosaurs!
- [Okra](#) is one of the most versatile and useful plants on the farm. The fruits (yep, it's a fruit too!) can be eaten, obviously. But so can the young leaves. The seeds can be pressed into oil, or roasted and used as a coffee substitute. Fibers from the stalk can be used to make rope, and the mucilage (the "slimy" stuff) is under development as a biodegradable food packaging.

Whatever your mood, there's a sunflower for you! Now pickin' in the PYO!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Pasta with Cherry Tomatoes **VEG, GF, DF**

Most of the time, I just eat cherry tomatoes raw, straight out of the container. But this time of year, when they're practically jumping off the plants, it's fun to do something different with them. This deliciously simple pasta recipe comes together in under 30 minutes, so it's great for a quick weeknight meal.

INGREDIENTS

- 8 ounces spaghetti
- ¼ cup olive oil
- 2 pints **cherry tomatoes**
- 3 **garlic cloves**, *minced*
- ½ teaspoon salt
- ½ teaspoon crushed red pepper
- ½ cup **fresh basil** *chopped, plus more for serving*
- ¼ cup grated Parmesan cheese *plus more for serving*



DIRECTIONS

1. Bring a large pot of heavily salted water to a boil. Cook pasta until al dente according to package directions. Reserve ½ cup pasta water and drain.
2. Heat the olive oil in a large skillet over medium heat. Add the cherry tomatoes and cook until softened, stirring occasionally, about 5 minutes. Add the garlic, salt and crushed red pepper and cook until fragrant, 1 more minute. Use the back of a spoon or a potato masher to carefully mash the tomatoes to release their juices. Continue cooking until the tomatoes continue to burst and create a sauce, 5 more minutes.
3. Transfer the drained pasta on top of the tomato sauce along with the basil and parmesan cheese and toss to combine. Add as much of the reserved pasta water as needed to reach the desired consistency.
4. Serve immediately with more fresh basil and parmesan cheese, if desired.

Texas Caviar **VEG, GF, DF**

One of my husband's aunts always makes Texas Caviar for family get-togethers. It's not a dish that I think about or crave any other time. But whenever she shows up with a bowl of it, I can't help myself! Dip chips into it, eat it as a side salad, put it on top of your burger/hot dog/taco... Whatever you do with it, you'll love the easy, tangy mix of flavors!

INGREDIENTS

- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can white corn, rinsed and drained
- 1 4-ounce can chopped green chiles, undrained
- 1 red bell pepper—cored, seeded and chopped
- 1 **green bell pepper**—cored, seeded and chopped
- 1 small red onion, finely chopped
- 1-2 **jalapeno peppers**, seeded and finely chopped
- 1 bunch **cilantro leaves**, finely chopped
- 2-3 **garlic cloves**, minced or crushed
- ¼ cup lime juice
- ¼ cup rice or apple cider vinegar
- ¼ cup olive oil
- ¼ cup sugar

DIRECTIONS

- Mix together black beans, pinto beans, white corn, green chiles, red and green bell peppers, red onion, jalapeño pepper, cilantro, and garlic in a large bowl.
- Combine lime juice, rice vinegar, olive oil, and sugar in a small saucepan. Bring to a boil, then remove from heat. Let cool for at least 10 minutes. Pour dressing over bean mixture; toss to coat.
- Let flavors meld in fridge for at least 1 hour before serving. Can make the day before. Serve with chips for dipping, or as a side salad. Good for a small family gathering; double recipe for a large party!