

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 6
August 10 & 13

IN THE SHARE

"/" indicates a choice

- Carrots/Beets/Potatoes
- Garlic
- Cherry Tomatoes
- Cukes/Squash
- Peppers/Tomatoes
- And more...

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 Seeds

ORANGE

Basil, Dill, Cilantro, Fennel, Zinnias, Sunflowers

PINK

Mini Zinnias, Statice, Gomphrena, Celosia, Basil, Lemon Basil, Thai Basil, Sunflowers, Ageratum, Dill, Cilantro, Ground Cherries

BROWN

Anise Hyssop
Lemon Gem Marigolds

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!

FARM NOTES: DON'T OVERLOOK THESE GEMS!

We've got a few fun things coming out of the fields at the moment that I don't want you to miss! Make sure to try these gems in the next few weeks!

Shishito Peppers: All the cool kids are eating them, so you should too, right!?!? Seriously though, shishito peppers have been hip for the last couple of years, with good reason. They are easy to prepare, and super tasty. Grab yourself a quart of these bright green peppers (don't worry, they're supposed to be wrinkly!) and try this simple, 10-minute [appetizer](#). Please note that, while most of the peppers are mild, occasionally you get a spicy one. So, really, it's like an appetizer and game in one! Perfect!

Ground Cherries: Located in the Pink PYO, these unusual little fruits deserve your attention! Their flavor is mild yet distinct--a little pineapple, a little tomatoey. They are slightly tart and slightly sweet, and can be used in both savory and sweet recipes. To harvest them, lift up the stems and leaves, and look for brown papery husks that have fallen off the plant. When you get yourself a few handfuls, try this [ground cherry coffee cake](#), [ground cherry salsa](#), or even these fancy (but SO easy!) [chocolate covered ground cherries](#).

Anise Hyssop: A beautiful perennial herb in the mint family, anise hyssop has a sweet, licorice-like flavor. Think you don't like licorice? Give this pretty plant a try. Its flavor is mild enough to please everyone but the strongest licorice hater. Try anise hyssop in a refreshingly easy [iced tea](#), or get more ambitious with an [anise hyssop coridal](#), perfect for drinks on the patio or holiday gifting. Finally, get really funky with these [anise hyssop whoopie pies](#)!

Lemon and Thai Basils: It's easy to fall into the habit of using sweet basil for everything (and there's plenty of that right now, so get you some!), but don't overlook our thriving patches of lemon and Thai basil in the Pink PYO. Lemon basil is like sweet basil, with a lemon scent and flavor. Use it anywhere you'd use "regular" basil but want to up the citrusy-ness of the recipe. An easy way to start is just to make a [lemon basil pesto](#) and toss it with pasta. Thai basil has a distinct flavor that really shines in Asian dishes like the chicken recipe below.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Thai Basil Chicken (pad kra pao gai) DF

I spent several weeks in Thailand during college, which was many years ago now. But I still dream about the food! Everything I ate, whether it was from a street vendor or at a nice restaurant, was absolutely delicious. This was one of my favorites. Thai basil has such a distinct flavor, and works especially well next to garlic and chilies. Thai basil can be hard to find, but luckily, we grow it in the PYO! Serves 2.

INGREDIENTS

For the eggs

- 2 eggs
- 3 tablespoons of oil for frying

Basil chicken

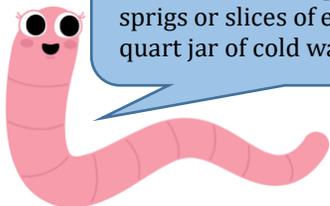
- 2 chicken breasts (or other cut boneless chicken)
- 5-6 cloves of **garlic**
- 4-8 Thai chilies (or mixture of **jalapeños** and **cayenne**)
- 2 tablespoons oil for frying
- 2 teaspoons of [oyster sauce](#)
- 1 teaspoon light [soy sauce](#)
- 1 teaspoon dark soy sauce
- 1 teaspoon sugar
- 2 handfuls of **Thai basil leaves**



DIRECTIONS

1. Heat about 3 tablespoons of vegetable oil in a wok or frying pan on high-medium heat.
2. When the oil is hot and sizzling, drop in the eggs. Let it sizzle and bubble up, and at the same time, splash some of the hot oil onto the top of the eggs (don't flip). After the eggs look cooked to your likeness, take out, drain the excess oil, and put on a plate for later.
3. Cut the chicken into bite-sized pieces. Rinse and peel the garlic and chilies, and pound them in a mortar & pestle, grind them in a food processor, or mince them. They don't need to be super fine, you just want to bring out the oils and flavors from the garlic and chilies. Take Thai basil leaves off their stems.
4. Heat your wok or large frying pan on high heat, and add about 2 tablespoons of oil to the pan. When the oil is hot, add the chilies and garlic. Stir fry them for about 20 seconds or so until they get really fragrant, but don't let them burn or get too dry.
5. Toss in your chicken. Keep stir frying continuously. At this stage you want to continue to stir and cook your chicken until it's just about fully cooked all the way through (depending on the size pieces of chicken and how hot your fire is, it should take about 2 - 3 minutes). If it starts to get dry, add just a tiny splash of water. Add oyster sauce, light soy sauce, sugar, and dark soy sauce. Keep stir frying for about another 30 seconds.
6. Grab your Thai basil leaves, toss into the pan, fold into the chicken, and then immediately remove wok/pan from heat. Fold a few more times to heat the basil, then serve over rice with the fried egg on top.

Try these infused water combos to beat the heat! Simply add a few sprigs or slices of each item to a quart jar of cold water, and enjoy!



lemon balm
& lavender

anise hyssop
& mint

cucumber
& shiso