

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 7  
August 17 & 20

## IN THE SHARE

“/” indicates a choice

- Potatoes
- Garlic
- Tomatoes
- Cukes/Squash
- More 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 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!



## FARM NOTES

Have you noticed the tiny hint of Fall in the air this week? That's how the the end of summer always feels to me—one minute it's like the heat and humidity will never end, and then all of a sudden, fall is creeping in. It's the same in the field—one minute we're drowning in squash and cukes, and the next minute, the harvest drops and we're wishing we had eaten more of them! It's also the same with CSA! I don't know how it flew by so fast, and now we're in the last 2 weeks!

Squash and cukes are on their way out, but you'll see them in the share at least one more week. We are in the middle of the tomato avalanche, so take advantage! You'll see lots in your share this week, and see below for info on a tomato sale. This is the week to make and can/freeze sauce or salsa!

Want more veggies? As the banner above says, please don't forget that you can always buy extra veggies if you want more of anything. Come to the sales table, or ask Rachel or a volunteer for help.

Finally, remember that your share includes the bounty of the Pick-Your-Own gardens. All the gardens are bursting with beautiful flowers and herbs right now, so if you don't already, spend some time in the gardens and take home a bouquet of summer lovliness!



**How were your cherry tomatoes last week? We found some funky tomatoes in our pints.**

**If your pint tasted off, please let Rachel or another staff member know, and we will replace it this week. Thanks!**

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Salsa for Canning **DF GF Veg**

*Get some bulk tomatoes this week, and can a batch of salsa so you can enjoy the flavors of summer all winter long! Don't skimp on the lemon juice! Canned goods must be acidic to prevent the growth of dangerous pathogens. Tomatoes are acidic, but not consistently so; you must add an acid like lemon juice or vinegar to make sure the acidity levels are correct.*

### INGREDIENTS

- 14 cups **fresh tomatoes**, chopped (8-10 pounds)
- 3 large onions, chopped
- ½ cup **hot peppers**, diced and seeds removed (add more if desired)
- 1 cup **green/red peppers**, diced and seeds removed
- 4 cloves **garlic**, chopped (add more if desired)
- 2 cups lemon juice, bottled
- 1 tablespoon sea salt
- 1 tablespoon granulated organic cane sugar
- 1 teaspoon pepper
- 1 or 2 6-ounce cans of tomato paste (optional, for thickening)
- Fresh **cilantro**, if desired



### DIRECTIONS

#### **Making the salsa:**

1. Chop tomatoes, onions, and peppers into a quarter-inch dice by hand or in a food processor.
2. Combine all ingredients in a large stock pot. Bring to a boil, reduce heat, and simmer salsa for 30 minutes, stirring occasionally.

#### **Canning the salsa:**

1. While the salsa is cooking, fill a canning pot with water, set the lid in place, and heat on high heat until boiling.
2. Ladle hot salsa into pint or half-pint jars, leaving 1/2" head space. A canning funnel makes this easy.
3. Wipe jar rims to remove any salsa that may have spilled. A clean rim is essential to a good seal.
4. Set jar lids in place. Screw bands on finger tight, firmly, but don't crank the rings on.
5. Use a jar lifter to gently submerge jars into boiling water in canning pot. Water should cover the top of the jars by an inch. The water will cool somewhat in reaction to the addition of the jars. Return the water to a low boil and set the timer.
6. Process for 15 minutes, 0-1,000 feet altitude; 20 minutes, 1,001-6,000 feet altitude.
7. Remove jars from pot and allow to cool overnight.
8. Check for seal: the lids should feel solid and slightly indented. If they flex, they are not shelf stable and should be refrigerated and used first.
9. Wash jars, remove rings, and store in a cool, dry place for up to a year.