

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2022 Week 8  
August 24 & 27

## IN THE SHARE

"/" indicates a choice

- Potatoes/Carrots/Beets
- Garlic
- Tomatoes
- Big Summer Choices!

## 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

As the banner above says, this is the last week of the Summer CSA. We hope you've enjoyed all the veggies, flowers and herbs that come along with the season. If you haven't had a lot of time to enjoy the PYO gardens this summer, this is the week to do it! Take a big final bouquet home, and pick lots of herbs to use fresh, or dry for the fall and winter.

This is also the week to get any swag or extras you've been eyeing! Been thinking about a jar of honey? Treat yourself! Like our cool hats? Get yourself one! All proceeds from our retail sales go right back into supporting our farm, our Growers, and our Farm to Food Bank programs.

If you're continuing into the Fall Session, your first pick-up will be on Wednesday, September 14<sup>th</sup> or Saturday, September 17<sup>th</sup>. There is no CSA during the weeks of August 29<sup>th</sup> and September 5<sup>th</sup>. Mark your calendars!

## WITH YOUR SUPPORT

In addition to putting healthy, organic vegetables on your table, remember that your CSA membership helps bring those same veggies to families in our area that don't have enough to eat. Whether it is a question of access (can't get it), money (can't afford it), or time (don't have time to prepare it), there are thousands of people in our county for whom local, organic veggies are a luxury. Your CSA membership supports our farm as we bring healthy veggies to families in need, and helps us keep our 50/50 commitment. We truly couldn't do it without you, and we are grateful for your membership.

During the weeks of the Summer CSA, with your support, we distributed over \$20,000 worth of produce to area food banks and food aid programs. We also distributed over \$5,000 worth of produce to Group Homes and other organizations supporting people with developmental disabilities. So, while you enjoy a tomato sandwich or give okra another try (see recipe below, wink wink!), take a moment to pat yourself on the back. Just by eating your veggies, you're helping fight food insecurity in our county. Now, that's tasty news!

# Recipes

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

## Okra with Tomatoes and Sausage **DF GF Veg (with modifications)**

*You've been passing on the okra by for weeks because you don't know what to do with it. Or maybe you always get it, but you only ever fry it. Either way, get a bit of okra this week, and make this easy and tasty, one-skillet dish! The acidity of the tomatoes cuts the "sliminess" of the okra, and the sausage adds flavor and texture to every bite. Serves 4.*

### **INGREDIENTS**

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- **2 cloves garlic, minced or crushed**
- **2 cups diced tomatoes (about 1 lb)**
- **2 cups chopped okra (about ¾ lb)**
- 12 oz smoked sausage or chorizo, sliced
- Salt and pepper to taste



### **DIRECTIONS**

1. Place skillet on medium heat. Add oil and allow to heat, swirling to coat the bottom of the pan.
2. Add onion, garlic and sausage. Cook for 3-5 minutes, or until sausage is browned, stirring often.
3. Add okra. Cook for 1-2 minutes with sausage, stirring often.
4. Add tomatoes. Stir occasionally, and gently, as the tomatoes will break down easily. Cook until the thick juice from the okra is broken down, about 10-15 minutes.
5. Add salt and pepper to taste. Toss gently and serve immediately over rice.
6. If you'd like a spicier dish, add red pepper flakes at the end, or a minced **jalapeño** in with the okra.

## Fried Green Tomatoes **Veg GF (with modifications)**

*Fried green tomatoes are a wonderful late summer treat. As our various tomato patches stop producing, we glean the big, unripe fruits from the vines. Cue the breading and frying pan! For an extra-memorable experience, make these on a rainy day, and watch the classic early-90s movie of the same name while you eat them! Serve with a traditional [Louisiana remoulade](#) or the legendary Southern ["come back" sauce](#). Feeds 4 as a side dish, 2 as a main course.*

### **INGREDIENTS**

- 3 medium-sized, firm green tomatoes
- Kosher salt
- 1 cup all-purpose flour
- 1 tablespoon Cajun seasoning (optional)
- ½ cup whole milk or buttermilk
- 1 large egg
- ½ cup fine white cornmeal
- ½ cup fine dry bread crumbs
- ½ cup peanut or canola for frying



### **DIRECTIONS**

1. Cut unpeeled tomatoes into ½ inch slices. Sprinkle slices with salt. Let tomato slices stand for 5 minutes.
2. While the salted green tomato slices are resting, place in three separate, shallow bowls: 1) the flour and Cajun seasoning, 2) buttermilk and egg (whisk together), and 3) breadcrumbs and cornmeal.
3. Whisk together the egg and buttermilk.
4. Heat the oil in a skillet on medium heat. Dip the green tomato slices in the flour-seasoning, then the buttermilk-egg mixture, then the cornmeal-breadcrumb mix.
5. When the oil is shimmery, add tomato slices to the skillet. Fry for 3 to 5 minutes on each side, or until brown. Set the cooked tomatoes on paper towels to drain.