

WELCOME

IN THE SHARE

“ / ” indicates a choice

- Radishes
- Hakurei Turnips
- Spring Onions
- Greens Choices

PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

RED

Lovage
Oregano
Chives
Tarragon
Peppermint
Thyme

GREEN

Cilantro

ORANGE

Fennel
Chamomile
Lamb's Ear
Cilantro Flowers

PINK

Bachelor Buttons
Arugula
Pea Shoots

YELLOW

Lemon Balm
Sage
Valerian

NEED HELP?

Just ask any RWCF staff or volunteer. We're here for you!

Whether this is your first season or your fifteenth, we are so excited to welcome you to the farm this season! As you may have noticed, 2023 has been a year of wonky weather, but we've had a nice mix of sun and rain lately, and are thrilled to report that the spring crops look beautiful! Before the first pick-up, we'd like to share with you a few new and exciting additions to the 2023 CSA.

NEW IN 2023

- **Compost Program:** if you weren't here last fall, our improved compost system is new to you. We've partnered with [Compost Crew](#), and dramatically expanded what we can accept. We've also added a bin wash station, to make rinsing our your bins easy and convenient. Check out page 5 of the [Member Handbook](#) for more info, and talk to us at pick-up to get your compost bin and [list](#) of compostable items.
- **CSA Lending Library:** along the back of the barn, you'll notice shelves of books on topics related to cooking, farming and gardening, nature crafts, food philosophy, and more. You're welcome to borrow anything you like—just write it down on the clipboard and bring it back before the end of Spring session.
- **Virtual Farm Tour and PYO Map:** now you can take all the PYO info with you into the gardens! Visit our [Virtual Farm Tour](#) anytime to see what's available for picking, as well as what's going on in the rest of the farm fields. You can link to individual PYO gardens through the [main tour page](#), or by clicking the PYO links at the left of the newsletter each week.

- **Limited Schedule Adjustments:** if you can't make it to CSA one week, the best thing to do is send a friend or donate your share. But this year, you *might* be able to switch days for that week, if produce availability allows. See page 7 of the [Member Handbook](#) for details and procedures.
- **Sweet Farm at Red Wiggler:** [The Sweet Farm](#) will be selling local meat and eggs at CSA once a month. [Pre-order](#) to get exactly what you want, or purchase popular items during CSA. During the Spring Session, they will be here on May 24th and June 21st. A portion of sales will go to support Red Wiggler programs.

GETTING THE MOST OUT OF YOUR SHARE

Remember, your CSA share isn't just veggies! To get the most value out of your CSA share, make sure you're maximizing all the benefits of membership.

- Make time for the PYO each week
- Utilize our compost services
- Bring your family on a [tour](#) (free for CSA members and their immediate families)
- Participate in the [CSA Facebook page](#)
- Spend some leisure time at the farm. Bring a snack, a blanket, a book—during CSA pick-up, the park grounds and PYO areas are yours to enjoy!

PYO HIGHLIGHT



Chamomile is one of the oldest medicinal herbs known to humankind. For thousands of years, it's been used for everything from anxiety to wound care (and just about everything else!). It's also a cute flower with a creamy, pineapple-like scent. Our German chamomile is in full bloom, and ready for picking. Cut long stalks to use in bouquets, or rake your fingers through the plants and pop the flowers off to make tea (can be fresh or dried). Take as much as you want! By helping yourself, you'll be helping the plant produce more flowers, so we can have chamomile for weeks to come!

Try a chamomile and cinnamon latte. It's a quick and easy drink for these cool mornings that give way to warm, sunny day. Boil *8 oz of water*. Remove from heat and add a *generous handful of fresh chamomile flowers*. Steep for 5 minutes. Stir in *1 tbsp maple syrup* and *½ tsp cinnamon*. Froth milk with a machine if you have one. Otherwise, heat the milk while whisking vigorously until small bubbles form and the milk becomes frothy. Combine the milk with the water mixture, and enjoy with a friend. Makes 2 mugs.



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Pesto Base (for use with any green) VEG, GF, DF (with modifications)

Most of us think only of basil when we think of pesto. But pesto can be just about anything you want it to be, and can change with the seasons. Here is a basic pesto recipe that you can use with any of the greens in the share this week. Customize with your choice of nuts and cheese for a unique spring meal!

INGREDIENTS

- **2 cups tightly packed greens/herbs***
- 1-2 cloves garlic
- 1 tbsp lemon juice
- 2 tbsp nuts of your choice**
- 1/3 cup extra-virgin olive oil
- 1/3 cup parmesan cheese***
- Salt to taste



DIRECTIONS

1. Place nuts, garlic, greens and lemon juice in a food processor. Blend until finely ground. Add olive oil slowly, blending until the mixture becomes a fine puree.
2. Add cheese and continue to blend, adding water, a teaspoon at a time, until the mixture blends easily. Taste, and add salt as needed.
3. For best flavor, use the pesto immediately. If you want to store the pesto, refrigerate in an airtight container for up to a week. Pesto also freezes well. When using pre-made pesto, add a little more lemon juice to brighten it up again.

Notes:

**Greens from the share that work well for pesto: radish greens, turnip greens, kale, collards, mustards, arugula, pea shoots, or a combination!*

***The traditional nut in pesto is pine nuts, but they're expensive! Walnuts work very well, as to pumpkin seeds or almonds. Pretty much any nut will work in pesto. To get even more nutty flavor, lightly toast the nuts before grinding.*

****To make the pesto dairy-free, simply omit the cheese. Or replace with nutritional yeast, to get a similar "cheesy" flavor. You can also experiment with different cheeses for different flavors.*

Some combination ideas to get your creative juices flowing:

- Arugula and pistachios,
- Kale and pumpkin seeds
- Radish greens and walnuts
- Pea shoots and cashews

Share your creative combinations with us on the [CSA Facebook Page!](#)