

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2023 Week 2  
May 24 & 27

## IN THE SHARE

“ / ” indicates a choice

- Kale/Collards/Mustards
- Spring Onions
- Lettuce
- Radishes/Turnips

## PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

### RED

Lovage  
Oregano  
Chives  
Tarragon  
Peppermint

### GREEN

Cilantro  
Dill  
Chamomile

### ORANGE

Fennel  
Chamomile  
Lamb's Ear  
Cilantro Flowers  
Thyme

### PINK

Bachelor Buttons  
Arugula  
Pea Shoots  
Sugar Snap Peas

### YELLOW

Lemon Balm  
Sage/Sage Flowers  
Valerian

### NEED HELP?

Just ask any RWCF staff or volunteer for help.

**ICYMI (in case you missed it):** Last week's [newsletter](#) had lots of info about what's new on the farm this year, and tips on how to get the most out of your share. Take a [look!](#)

## FARM NEWS

When I was a kid, Memorial Day was always the unofficial start of summer. School winds down, pools open, and the hot, glorious freedom of summer vacation stretches out in front of you. Here at the farm, we're still fully in Spring mode when it comes to harvesting—gorgeous lettuce, turnips, radishes and more—but it's all summer when it comes to planting. The first round of tomatoes are in the ground, cucumber and squash seeds are growing strong, and peppers are on the list for transplanting this week. That's always the balance in farming—and life in general, I suppose—to lovingly attend to what's in front of you, while still looking ahead and preparing for the future. So go ahead, dream of ripe, juicy tomatoes. But don't forget to savor the fresh crunch of a spring radish, the spicy bite of green onions, and the cool tenderness of newly harvested lettuce. Ah, spring!

## PYO HIGHLIGHT



**Sage Flowers:** sage is already a beautiful plant, with those graceful, dusty green leaves and intoxicating smell. But its tall stalks of purple blooms are especially stunning right now. Clip a few to add beauty and fragrance to your bouquet, throw some blossoms into your spring salad, or try one of [these](#) fun culinary adventures ([sage blossom jelly!](#)?)



Sweet Farm will be at CSA this week  
with pastured pork, beef and eggs

Limited items available. Pre-order at  
[thesweetfarm.com](https://thesweetfarm.com) to see all cuts/meats. Select  
pick-up at Red Wiggler for your CSA day

# Recipes

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

## Roasted Hakurei Turnips and Radishes **VEG, DF, GF**

*Previous CSA members might remember this recipe from last spring. I had just discovered the tasty wonder of roasted radishes, and was singing their praises. Since you're getting a bounty of radishes and turnips this week, I thought I'd share this again, with a few modifications.*

### INGREDIENTS

- **1-1.5 lb mix of spring radishes and turnips**
- **1 bunch cooking greens of your choice**
- olive oil
- salt and pepper to taste
- 1-2 cloves garlic, minced (optional)
- **Green onions, thinly sliced (optional)**



### DIRECTIONS

1. Preheat oven to 425°. Move oven rack to lower middle position. Place roasting pan in oven. Turn on your convection setting, if you have it.
2. Wash radishes & turnips. Cut into halves, quarters or sixths, depending on their size. Place in bowl.
3. Toss with olive oil until coated. Sprinkle with salt and pepper as desired.
4. Place veggies into roasting pan, placing them so most have a flat side down in the pan. Roast for about 15 minutes, stirring or flipping halfway through.
5. While roots are cooking, stem and chop greens coarsely. Toss with a little more olive oil, salt pepper, and minced garlic (if using).
6. Pull roasting pan from oven, stir veggies, spread greens out on pan and return to oven for about 5 more minutes. Serve immediately. Sprinkle with raw green onion, if desired.

## Lemony Tarragon Dressing **VEG, DF, GF**

*I never get tired of looking at my plate and knowing where the ingredients for my meal came from. This week, enjoy a salad make completely of RWCF veggies—lettuce, sliced radishes and turnips, a sprinkle of green onions, herbs/flowers from the PYO, and this bright, lemony tarragon dressing.*

### INGREDIENTS

- Zest and juice of 1 large lemon
- 2 tbsp Dijon mustard
- **2 tbsp fresh tarragon, finely chopped**
- 1 tsp honey
- Salt and pepper to taste
- ½ cup olive oil

### DIRECTIONS

In a medium bowl, whisk together the lemon juice, lemon zest, mustard, tarragon, honey, and a little salt and pepper. Slowly whisk in the olive oil until emulsified. Serve immediately.