

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2023 Week 3
May 31 & June 3

IN THE SHARE

“ / ” indicates a choice

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

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
- Lamb's Ear
- Green Coriander
- Thyme
- Nigella

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.



FARM NEWS

“What lovely weather we’re having!” Say that to a farmer at this time of year, and you might get a little hesitation before they agree. “The weather is gorgeous, yes,” they’re thinking. “But boy, do we need some rain!” When the forecast is sunny and 70s for days and weeks on end, many of us are of two minds. The beautiful weather makes for lovely evenings and weekends with friends or family, but extra work and worry when it comes to making sure all our tender new seedlings have enough water to get established. The [US drought monitor](#) reports that over a quarter of Maryland, including almost all of Montgomery County, is in the pre-drought stage—Abnormally Dry. This means that we are seeing significantly less rain than normal, and our region could slip into drought if that continues. But as in all things weather, there is really nothing we can do about it, except do our best to keep our crops watered and cross our fingers for rain. Oh, and enjoy, as best we can, this lovely weather we’re having!

PYO HIGHLIGHT



Bachelor Buttons: also called cornflower in their native Europe, bachelor buttons have traditionally been known for their distinct blue color. But nowadays, they are available in a wide range of pinks and purples. This member of the Asteraceae family (which also includes daisies and sunflowers) is a favorite of spring pollinators, and is a long lasting addition to cut flower bouquets.

Kohlrabi and Apple Slaw **VEG, GF**

Kohlrabi is making its seasonal CSA debut this week. Like most of the spring root veggies (though kohlrabi isn't technically a root—see this [newsletter](#) from 2022 for a deep dive into this interesting vegetable), kohlrabi is great cooked or raw. Try this fresh and crunchy slaw as a side for any grilled meats or tofu.

INGREDIENTS

- ½ cup plain full-fat yogurt
- ¼ cup minced red onion
- 1 tbsp whole-grain Dijon mustard
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- ¼ tsp ground cumin
- **~1 pound kohlrabi bulbs (about 3 medium), trimmed of their stalks**
- 1 large tart green apple
- 2 tbsp fresh lemon juice
- **1 tbsp finely chopped fresh dill or fennel**



DIRECTIONS

1. In a large bowl, combine the yogurt, onion, mustard, salt, pepper and cumin. Stir together and let stand while you prep the kohlrabi and apple.
2. Peel the kohlrabi. Slice off each end, then use your knife to slice off the thick green or purple skin. The skin is bitter and not pleasant to eat, raw or cooked. Once peeled, you'll be left with white or pale green balls.
3. Using a knife or mandolin, slice the kohlrabi into 1/16-inch slices. Stack 6 or so slices together at a time, and slice into 1/16-inch-thick matchsticks. As you cut, transfer the kohlrabi matchsticks to the bowl with the dressing.
4. Peel and core the apple. Then cut the apple in the same manner as the kohlrabi, into matchsticks. Your aim is to have about half the amount of apple as you do kohlrabi in the final salad.
5. Add the apple matchsticks to the bowl along with the lemon juice and toss all the ingredients to combine. It will seem like there is not enough dressing at first, but by the time each matchstick is coated in yogurt, you'll see that it is enough. Taste and season with more salt and pepper, if you like. Transfer the salad to a serving dish and top with the dill or fennel just before serving.
6. For a more substantial side dish, add collards or kale. Wash and de-stem a bunch of collards or kale, stack the leaves, and slice very thinly. Mix this into the slaw as well. You will probably want to increase the measurements for the dressing by half to accommodate the extra bulk.