

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2023 Week 4

June 7 & 10

IN THE SHARE

“ / ” indicates a choice

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

PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

RED

Lovage
Oregano
Chives
Thyme
Tarragon
Peppermint
Lavender

GREEN

Cilantro
Dill
Chamomile

ORANGE

Fennel
Lamb's Ear
Green Coriander
Nigella
Chamomile
Marigolds (short stems)

PINK

Bachelor Buttons
Pea Shoots
Snap Peas (last call!)

YELLOW

Lemon Balm
Sage/Sage Flowers

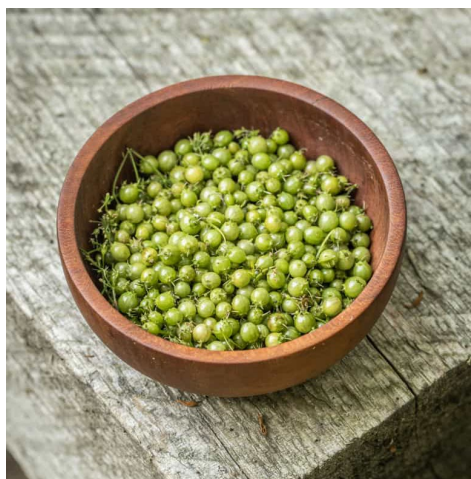


FARM NEWS

Ticks are a part of life in Maryland, and have their place in the food chain, just like everything else (did you know opossums can eat up to 5000 ticks in a week!?!). But we've been finding a lot around the farm lately, so let's have a tick talk! Maryland is home to [6 known species of ticks](#). They all have the potential to carry [Lyme](#) and [other diseases](#), so you want to prevent a bite from all of them! When on the farm, or other outdoor settings, here are some tips for preventing tick bites:

- Wear long pants, long-sleeve shirts and closed-toed shoes
- Tuck pants into socks, and shirt into pants.
- Use repellents like DEET, Permethrin, oil of lemon eucalyptus, citronella oil or geranium oil
- Wash and dry clothes using hot water and hot air
- Shower and inspect body after being outdoors. Pay especially close attention to areas that are easy for ticks to hide in: armpits, groin, behind ears, crown of head.

PYO HIGHLIGHT



Green Coriander: did you know the coriander plant is edible at every stage? Yep! From the tender basal leaves we call cilantro, through the stronger flavored bolted leaves and flowers, through the green seed stage, and finally to the dried coriander seeds. Each stage offers a different flavor adventure, but none so much as the green coriander stage. Green coriander seeds have a flavor that is not totally coriander, not totally cilantro, but something else altogether. The seeds are at the perfect green stage this week, so pick a handful and try this [green coriander marinade](#), these [fermented green coriander seeds](#), or the butter recipe below.

Corn on the Cob with Green Coriander Butter **VEG, GF**

I don't know about you, but I can't wait until local corn is in season! There are many days during the summer where all I crave for dinner is a tomato sandwich and an ear of corn. I don't know exactly when local corn will be in season this year, but I do know that this is what I am doing with it when it is!

INGREDIENTS

- 2 serrano chilies, destemmed and minced
- **3 tablespoons green coriander seeds**
- 1 stick unsalted butter, at room temperature
- **4 garlic scapes or 2 garlic cloves, finely pounded or grated**
- 1 tablespoon finely pounded or grated ginger
- 1 teaspoon fish sauce
- ½ teaspoon flaky sea salt
- **1 tablespoon finely chopped cilantro**
- Fine sea salt
- 4 ears corn, shucked and silk removed
- **Coriander flowers, for garnish (optional)**
- Lime wedges, for serving



DIRECTIONS

1. Boil or grill your corn, as you prefer.
2. While your corn cooking method is heating, pound minced chilies into a fine paste in a mortar. Remove half the pounded chilies, and reserve. Add 2 tablespoons green coriander seeds to the mortar, and lightly pound until they break up and release their aroma, then stir in butter, garlic, ginger, fish sauce, flaky salt and cilantro. Taste and adjust for salt, and add reserved chilies as needed. Butter should be very fragrant, highly seasoned, savory, spicy and pungent.
3. Slather butter over hot corn, sprinkle with remaining coriander seeds and flowers, if using, and serve with lime wedges.
4. Refrigerate any remaining butter for up to 5 days. Serve with grilled fish, shellfish, chicken or vegetables. The butter can also be made ahead in a larger batch and frozen.

Butter Lemon Scape Sprinkle **VEG, GF**

Our newest staff member, Michaëlle, came into the office all excited the other day. She told us about a super simple thing she did with scapes, basically turning them into a savory sprinkle to top dishes of all kinds (she was topping turnips). Cook a little bit to sprinkle on your next meal, or make a big batch to keep in the fridge and use all week to spice up anything from salads to pastas to veggie sides.

1. For each ½ pound of scapes (CSA bag), use 1 tsp avocado (or other vegetable oil) and 1 tbsp butter. Wash and chop the scapes, trim off the flower end, and chop into ¼ to ½ inch pieces.
2. Melt the butter in a wide pan over medium-high heat. Once hot, add the scapes and sauté for 2-3 minutes, or until slightly caramelized, stirring constantly. Reduce heat to medium-low, and sauté for another 5-10 minutes, depending on how soft you'd like them to be.
3. Once they reach desired softness, remove from heat, sprinkle with your favorite flaky salt, and top with a generous squeeze of lemon. Use immediately, or refrigerate and use within 5 days.