

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2023 Week 5  
June 14 & 17

## IN THE SHARE

“ / ” indicates a choice

- Loose Kale
- Spring Onions
- Garlic Scapes
- Lettuce
- Radishes/Turnips/  
Kohlrabi

## PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

### RED

- Lovage
- Oregano
- Chives
- Tarragon
- Peppermint
- Lavender

### GREEN

- Cilantro
- Dill
- Chamomile

### ORANGE

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

### PINK

- Bachelor Buttons
- Pea Shoots
- Arugula Flowers

### YELLOW

- Lemon Balm
- Sage/Sage Flowers
- Yarrow

## FARM NEWS

Like everyone else in the region, we were paying close attention to the smoke in the air last week. Many of us wore masks in the fields on Wednesday, and we canceled outdoor work altogether Thursday. But does smoke exposure harm vegetable plants? Less direct sunlight may mean slightly less photosynthesis, but the real issues come less from actual smoke, and more from ozone levels in the air. Ozone, when it's high up in the atmosphere, absorbs UV rays and is essential to life on Earth. But ground-level ozone can have negative impacts on plant and animal life. One of the most common air pollutants, ground-level ozone is created when other pollutants, like those in smoke, react with the atmosphere in the presence of sunlight. Ozone enters the plant through stomata (like pores) and oxidizes (burns) the cell membranes, causing them to collapse. The long-term effects of ozone exposure on plants is being monitored and studied by the [National Park Service](#). You can also find out all sorts of information about [ozone and air quality](#) through the EPA's [AirNow](#) service (ozone level is one of the major measures for determining air quality). For our part, we are monitoring our crops for damage, and will continue our work to improve our soil fertility, which has been shown to help mitigate ozone damage to plants.



## PYO HIGHLIGHTS



**Lavender:** Native to the dry, chalky soils near the Mediterranean Sea, lavender loves hot, dry weather. Maybe that's why our lavender patch looks better than it ever has! Make the most of this drought by putting some lavender in your weekly bouquet, drying some for potpourri, or baking the lovely lavender cookies below.

**Peppermint:** Our peppermint patch is overrun with ground ivy! So much so that it is making it hard for the peppermint to thrive. So it's time for a reset. We will be pulling out the peppermint, removing the soil, and replacing with new soil and new plants. The new patch will take some time to reestablish, so this is the last call for peppermint for a while. Get a few sprigs while you can!



### Lemon Lavender Cookies **VEG, GF (with modifications)**

*I love using lavender in the kitchen, especially when it comes to baking. It works well with chocolate in a brownie or cupcake. It works in a cheesecake or creamy tart. And it works especially well with lemon. Try these lemon lavender cookies with fresh lavender while it's abundant in the PYO, or use dried lavender to bring that spring feeling to the rest of the year! Recipe makes about 24 cookies.*

### **INGREDIENTS**

#### **for the Cookies**

- 2 sticks unsalted butter, softened
- 1 ½ cups granulated sugar
- 2 large eggs
- 2 tsp vanilla extract
- Zest of 1 lemon
- 1 tbsp lemon juice
- 2 ¾ cups all-purpose flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¾ tsp salt
- **2 tsp dried lavender (or 6 tsp fresh)**

#### **for the Glaze**

- ½ cup powdered sugar
- 1 tbsp lemon juice
- Heavy cream, as needed



### **DIRECTIONS**

1. Beat the softened butter and sugar until light and fluffy. About 3 minutes.
2. Add the eggs, vanilla, lemon zest, and lemon juice. Beat to combine.
3. In a separate bowl, combine the dry ingredients, and lavender. Mix well.
4. Add the dry ingredients to the wet ingredients and mix until just combined.
5. Chill the dough for 30 minutes.
6. Preheat your oven to 350 degrees. Line a cookie sheet with parchment or a silicone mat.
7. Scoop about 1 to 1 ½ tablespoons of cookie dough. Place on baking sheet about 3 inches apart.
8. Bake for 10-12 minutes or until the edges are golden brown. Remove from the oven and allow to cool completely on the cookie sheet. While cookies are cooling, make glaze.
9. In a small bowl combine all of the glaze ingredients. Whisk until free of lumps.
10. The glaze should be pretty thin and runny. Add heavy cream, a tsp at a time, to thin it out.
11. Use a fork or a spoon to drizzle the glaze over each cookie.

## Garlic Scape Pesto **VEG, GF**

*For those of you who have been in the CSA for a while, you know we like to encourage you to make garlic scape pesto. Well, this year is no different! I made a bunch of scape pesto last year, and froze it in 1-cup blocks (have you heard of [Souper Cubes](#)? They're awesome!). My family enjoyed a variety of pesto dishes over the winter and spring, and just finished the last of it over the weekend (in a big pasta, along with fresh mozzarella and our final bag of frozen snap peas!). We'll have extra scapes for sale over the next 2 weeks. I encourage you to stock up, make some scape pesto, and enjoy quick, easy spring meals any time of the year!*

### **INGREDIENTS**

- ½ lb garlic scapes, coarsely chopped
- ½ to ¾ cup grated parmesan cheese
- ½ cup olive oil
- ½ tablespoon lemon juice
- Salt and pepper to taste

### **DIRECTIONS**

1. Blend all ingredients in a food processor or blender until smooth.
2. Season to taste with salt and pepper.
3. To freeze, portion into ice cube trays, 4 or 8 oz canning jars, or silicone molds. Once frozen, remove from molds and store in a freezer bag for up to a year.
4. Brighten thawed pesto with a little extra lemon juice, if desired.

Have a friend who wants to learn about Red Wiggler? Bring them to the farm next weekend for a tour and market!

