

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2023 Week 6
June 21 & 24

IN THE SHARE

“ / ” indicates a choice

- Greens Choices
- Lettuce
- Spring Onions/Scapes
- Radishes/Turnips/
Kohlrabi

PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

RED

Lovage, Oregano,
Chives, Tarragon,
Peppermint, Lavender,
Cilantro, Dill, Thyme

GREEN

Cilantro, Dill
Chamomile

ORANGE

Fennel, Lamb's Ear,
Coriander, Thyme,
Chamomile, Marigolds

BROWN

Poppies
Anise Hyssop

PINK

Bachelor Buttons
Pea Shoots
Arugula Flowers
Mini Zinnias

YELLOW

Lemon Balm, Yarrow,
Sage/Sage Flowers

NEED HELP?

Just ask any RWCF staff or volunteer for help.



ANNOUNCEMENTS

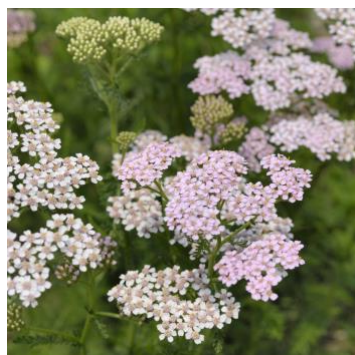
This is the final week of the Spring CSA session. Then there are 2 weeks off before the Summer session starts. If you are continuing into the Summer session, your first pick-up is on Wednesday, July 12th or Saturday, July 15th. We hope you have a wonderful Fourth of July weekend!

This Saturday, June 24th, all CSA members are welcome to bring friends or family and join us for a tour (starting at 10am) and market during CSA hours. Bring a picnic and enjoy the farm for the last week of Spring!

[The Sweet Farm](#) will be at CSA this Wednesday and Saturday, selling local meat and eggs. Pre-order specific cuts by visiting their [online store](#), or choose from the limited selection of items they bring with them to CSA.

If you borrowed a book from our lending library and you are not in the summer CSA, please return it this week, and cross your name off the list.

PYO HIGHLIGHT



Yarrow: Native to Eurasia and naturalized to the Americas, yarrow can be found in almost every climate. Yarrow is a favorite of many insects, making it a good addition to butterfly or pollinator gardens. It is also quite hardy and drought-tolerant. Yarrow has been used for millennia in traditional medicines around the world. Native American tribes used it for everything from toothaches to insomnia. In the Middle Ages, before hops were widely used in beer making, yarrow was one of several herbs that made up a blend called gruit, which was then used to flavor and preserve an alcoholic beverage with the same name. Gruit, or hopless beers, have seen a resurgence lately, with dozens of microbreweries across the country releasing their own versions of this ancient beverage. In addition to its many uses, of course, yarrow is a wonderful cut flower, with its delicate white, yellow or pink blooms and its frilly foliage.

CSA Veggie Fritters with Herbed Yogurt Sauce **VEG, DF, GF (with modifications)**

Fritters are a great way to give spring root veggies a fun twist. The real magic of fritters is that you can use just about any veggie you can think of—if you can grate it, you can throw it in a fritter! Whatever veggies you use, you need about 3 heaping cups total for this recipe. This recipe has herbs in the fritters and herbs in the sauce, in order to make the most of all the herbs in the PYO right now. If it feels like herb overkill to you, I suggest leaving the herbs out of the fritters and keeping it in the sauce. Makes approximately 8 fritters.

INGREDIENTS

for the fritters

- **2-2.5 heaping cups grated kohlrabi, turnips, radishes, and/or carrots**
- **2-3 large spring onions, finely chopped** (sub 1 cup diced yellow onion)
- $\frac{1}{3}$ - $\frac{1}{2}$ cup whole wheat flour (can sub all-purpose or oat flour if desired)
- **2 tablespoon fresh herbs** (or 2 tsp dried) (optional)
- 2 garlic cloves, crushed (can sub $\frac{1}{2}$ teaspoon garlic powder if desired)
- 1 teaspoon lemon zest
- $\frac{3}{4}$ teaspoon of your favorite salt
- 2 eggs - lightly beaten
- Olive, canola, avocado or peanut oil for frying

for the yogurt sauce

- 1 cup thick yogurt
- $\frac{1}{2}$ teaspoon lemon zest
- 1 tablespoon lemon juice
- **1-2 tablespoons fresh herbs** (choose your favorites!)
- Salt and pepper, to taste

DIRECTIONS

1. Wash and/or peel whatever root veggies you are using. Grate the veggies using a hand grater or food processor. Transfer to a clean tea towel and squeeze as much water as possible out of it over the sink.
2. Add the drained, grated veggies to a mixing bowl with the diced onion, half of the flour, dill, garlic, lemon zest, and salt. Pour in the lightly beaten eggs, and mix until the batter comes together. If the batter appears too wet, add the rest of the flour a little at a time until it comes together.
3. Scoop the batter from the bowl and form fritters with your hands. They should be about $\frac{1}{2}$ -inch thick and 2 inches wide. Place the fritters on a plate, and heat a few tablespoons of oil in a large skillet.
4. While the pan is heating, combine all ingredients to make the sauce. Adjust levels to taste.
5. Fry the fritters in batches for 2 to 3 minutes on each side until golden brown. Serve immediately with a dollop of herbed yogurt sauce.



How to Blanch and Freeze Cooking Greens

I am resending this guide to blanching cooking greens that Melissa, our Farm Manager, put together last year. In addition to the greens in your share, we will have lots of extra greens for sale this week. I know it doesn't feel like it now, but you might find you miss greens in August! Freeze some now to add to soups, quiches, pastas or even smoothies throughout the summer.

MATERIALS

- One (or several) bunches of cooking greens
- A large cooking pot, 6-8 quarts
- Knife and cutting board
- Colander, or long-handled strainer if you're doing multiple batches
- If you don't have a double sink, prepare a 2nd large pot to use as a sink
- Freezer bags/containers

DIRECTIONS

1. Start about 6 quarts of water on the stove on high heat to boil.
2. While the water is heating, remove the stems of the greens, and chop to your preferred size. Think about the way you'll want to use them, and make the pieces "ready-to-cook" for your recipes. 1" strips are good for quiche or scrambled eggs. 1/4-1/2" shreds are good for dropping into hot soup or a stir fry.
3. Clean one side of your kitchen sink and fill it with very cold water. If you don't have a double sink, fill a large pot with 6-8 quarts of cold water and leave your sink open. You can add ice cubes if your tap water is not cold to the touch.
4. Set the colander in the open sink if doing just a bunch or two. If doing multiple bunches, use a long-handled strainer
5. Drop the chopped greens in the boiling water and stir to cover. Keep stirring and watching for 2 minutes. Turn the heat down if needed to prevent a boil-over.
6. After 2 minutes, pour the boiling greens through the colander to strain them. If you are doing multiple batches, strain the greens out of the water using a long-handled strainer, so you can use the water again.
7. Immediately transfer the hot greens into the cold water and swish around. The faster they get cold – the more nutrients you preserve!
8. Once the greens are cold, squeeze out the excess water and pack them tightly in containers. A great method is to pack the greens in a thin layer in a one gallon silicon (or Ziplock) bag. The thin layer will be breakable so you can use just what you want.
9. Transfer the freezer containers into your freezer right away.
10. If doing multiple batches, repeat the process, bringing the hot water back up to boiling and refreshing the cold water by replacing it or adding more ice cubes.
11. Use the greens over the summer, making sure to use them all up before greens are back in the fall!