

IN THE SHARE

“ / ” indicates a choice

- Potatoes
- Summer Squash
- Green Onions
- Beets
- Turnips/Kohlrabi
- And more!

PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

RED

Dill, Cilantro, Thyme, Oregano, Chives, Russian Sage, Tarragon Peppermint, Spearmint, Lavender, Bee Balm

ORANGE

Lamb's Ear, Sorrel, Thyme, Marigolds, Fennel, Basil, Celosia, Gomphrena, Sunflowers, Snapdragons

BROWN

Anise Hyssop, Poppy Pods & Seeds, Verbena

PINK

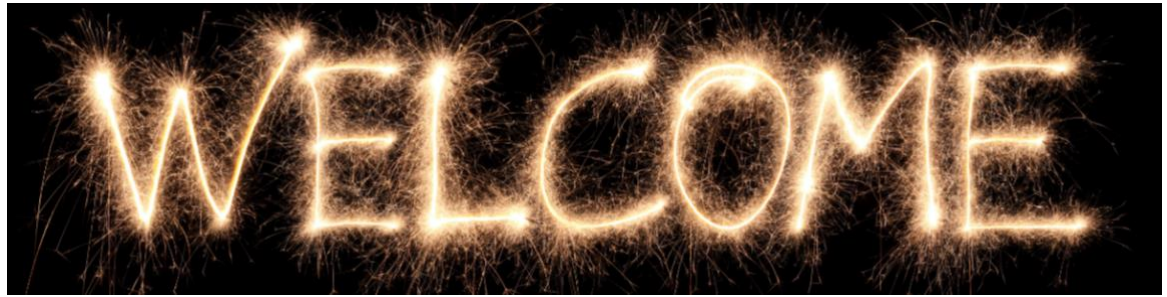
Bachelor Buttons, Parsley, Lemon Basil, Basil, Cilantro, Zinnias, Sunflowers

YELLOW

Lemon Balm, Sage, Yarrow, Bee Balm

NEED HELP?

Just ask any RWCF staff or volunteer. We're here for you!



Whether this is your first season or your fifteenth, we are so excited to welcome you to the farm for the Summer CSA session. Before the first pick-up, we'd like to share with you a few new and exciting additions to the 2023 CSA. If you've been with us since Spring, bear with us as we catch the Summer folks up on all the new stuff!

NEW IN 2023

- **Compost Program:** if you weren't here last fall, our improved compost system is new to you. We've partnered with [Compost Crew](#), and dramatically expanded what we can accept. We've also added a bin wash station, to make rinsing our your bins easy and convenient. Check out page 5 of the [Member Handbook](#) for more info, and talk to us at pick-up to get your compost bin and [list](#) of compostable items.
- **CSA Lending Library:** along the back of the barn, you'll notice shelves of books on topics related to cooking, farming and gardening, nature crafts, food philosophy, and more. You're welcome to borrow anything you like—just write it down on the clipboard and bring it back before the end of Summer session.
- **Virtual Farm Tour and PYO Map:** now you can take all the PYO info with you into the gardens! Visit our [Virtual Farm Tour](#) anytime to see what's available for picking, as well as what's going on in the rest of the farm fields. You can link to individual PYO gardens through the [main tour page](#), or by clicking the PYO links at the left of the newsletter each week.

- **Limited Schedule Adjustments:** if you can't make it to CSA one week, the best thing to do is send a friend or donate your share. But this year, you *might* be able to switch days for that week, if produce availability allows. See page 7 of the [Member Handbook](#) for details and procedures.
- **Sweet Farm at Red Wiggler:** [The Sweet Farm](#) will be selling local meat and eggs at CSA once a month. [Pre-order](#) to get exactly what you want, or purchase popular items during CSA. During the Summer Session, they will be here on July 22nd/26th and August 19th/23rd. A portion of sales will go to support Red Wiggler's programs.

GETTING THE MOST OUT OF YOUR SHARE

Remember, your CSA share isn't just veggies! To get the most value out of your CSA share, make sure you're maximizing all the benefits of membership.

- Make time for the PYO each week
- Utilize our compost services
- Bring your family on a [tour](#) (free for CSA members and their guests)
- Participate in the [CSA Facebook page](#)
- Spend some leisure time at the farm. Bring a snack, a blanket, a book—during CSA pick-up, the park grounds and PYO areas are yours to enjoy!

PYO HIGHLIGHT



Antirrhinum majus are native to rocky areas of Europe, North America and North Africa. They are commonly called snapdragons because of the way their flowers resemble a dragon's face, with its mouth opening and closing when the flowers are squeezed from the sides. In addition to being used as an ornamental and cut flower for hundreds of years, snapdragons have been used in genetic research since the time of Mendel and Darwin. They have become one of the most common organisms used to study the genetic basis of plant and flower development. Snapdragons have some minor culinary and medicinal uses, but they're mostly just beautiful! They come in just

about every color—[except blue](#)—and are a dramatic centerpiece in an early summer bouquet. Snapdragons don't bloom quite as heartily in the hottest part of summer, so get a stalk or two this week, while they're at their best!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Potatoes and Zucchini with Herbs **VEG, GF, DF**

I love, love, love, roasted potatoes and zucchini. The combination of flavors and textures is the perfect blend of crispy and creamy, hearty and light. I love to roast up a big batch of this combo, then use it all week to replace meat in tacos, turn a salad from a side into a main, top with an egg for an easy hash, dress up a frozen pizza. There are so many options!

INGREDIENTS

- 1.5 lbs new potatoes
- 1 lb summer squash
- 1 medium onion, optional
- 3-4 tablespoons olive oil
- 1 ½ teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon chopped fresh herbs (tarragon, thyme, oregano, basil, sage—you choose!)
- 1-2 cloves garlic (minced)



DIRECTIONS

1. Preheat oven to 400 degrees. If you have a convection setting on your oven, turn it on.
2. Rinse and trim potatoes and summer squash (no need to peel either one; their skins are nice and tender at this time of year). Chop potatoes, zucchini and onions into bite-sized wedges. Dry with a clean kitchen towel, then transfer to a large bowl (this is for ultimate browning and crispiness!).
3. Toss veggie with olive oil, salt, pepper, chopped herbs and minced garlic. Transfer to a large baking sheet and spread the veggies out in a single layer.
4. Roast for 30-45 minutes, stirring and flipping every 10-15 minutes, until desired tenderness is reached. Serve immediately. Top with chopped **green onions**, if you like!



**TOUR AREA FARMS
LEARN ABOUT LOCAL AGRICULTURE
TASTE WHAT'S IN SEASON
MOCO FARM TOUR, JULY 22-23**

****RWCF OPEN FROM 12-4 ON 7/22 ONLY**