

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2023 Week 2  
July 19 & 22

## IN THE SHARE

“ / ” indicates a choice

- Potatoes
- Summer Veggie Choices
- Green Onions
- Beets/Kohlrabi
- Carrots
- Chard

## PICK-YOUR-OWN

Look for the BLUE flags on items ready to pick!

### RED

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

### GREEN

Dill Seeds, Green Coriander Seeds

### ORANGE

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

### BROWN

Anise Hyssop, Poppy Pods & Seeds, Verbena

### PINK

Parsley, Lemon Basil, Basil, Cilantro, Zinnias, Sunflowers, Scabiosa

### YELLOW

Lemon Balm, Sage, Yarrow, Bee Balm

**NEED HELP? JUST ASK!**



**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

Join us this Saturday for [Montgomery County Farm Tour](#)! This Saturday and Sunday, farms across the county will be open for tours, tastings, food, music and other events. Visit your favorite farms, or find some new ones to love. Either way, come experience all the amazing ways Montgomery County farms feed our community. **Red Wiggler Farm will be open on Saturday only, from 12-4pm.** We will have tours, music, refreshments, and a market. [The Sweet Farm](#) will also be here with meat and eggs for sale.

Make a day of it, and visit several farms right around Red Wiggler:

- Hayrides, fruit picking and apple cider donuts at [Butler's Orchard](#)
- Cider (alcoholic and non-alcoholic) and lunch at [Doc Water's Cidery](#)
- Tours and veggies at [Red Wiggler Community Farm](#)
- Wine tastings and tours at [61 Vineyard](#)
- Ice cream and animals at [Rock Hill Orchard](#)

## PYO HIGHLIGHTS

Flowers, flowers, flowers! We are entering into the height of color in the PYO. There are flowers everywhere you look! Late-spring favorites like snapdragons, lavender and yarrow are still hanging on, while summer staples are starting to make their appearance—sunflowers, cosmos, pincushions (scabiosa). Couple all those with the consistent, season-long blooms of marigold, zinnias, gomphrena, celosia, and more, and you've got lots of options for your weekly bouquet!



# Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

## Carrot Top Chimichurri **VEG, DF, GF**

*Did you know carrots and parsley are related? Yep, they're both part of the Apiaceae family, which also includes celery, dill, fennel, lovage and more. Carrots have been selected for their roots, but like the rest of their family, the greens are edible too. Carrot greens have an earthy, parsley-like flavor, and are a perfect base for this smoky chimichurri sauce.*

### INGREDIENTS

- 1 cup finely chopped carrot greens
- 1 teaspoon finely chopped oregano
- ¼ teaspoon cumin
- 1 teaspoon sweet paprika
- ½ teaspoon red pepper flakes
- 1-2 garlic cloves, minced
- ½ teaspoon sea salt
- Black pepper to taste
- ¼ cup white wine vinegar
- ¼ cup olive oil



### DIRECTIONS

1. Remove the greens from the carrots, wash the greens, then shake off excess water. Cut off the tough stalks, retaining only the tender fronds at the top third or half of the bunch. Chop as finely as possible, or use a food processor to chop the greens.
2. In a small bowl, combine the carrot greens, oregano, cumin, paprika, red pepper flakes, garlic, salt, and pepper. Stir in the vinegar and olive oil. Taste and adjust seasonings.
3. Alternately, use a food processor to combine all ingredients, pulsing so as not to completely puree the ingredients.
4. Use chimichurri as a marinade or topping for meats, a dip or drizzle for roasted veggies (like the roasted carrots below) or simply as a dip for crusty bread.

## Honey-Roasted Carrots **VEG, DF, GF**

*Honey-roasted carrots are one of my favorite side dishes—so sweet and delicious—they're like the dessert of dinner! And if you make this recipe with this week's share, the dish will be extra beautiful because of the variations in color. Enjoy these sweet little spears all by themselves, or top with the carrot top chimichurri above for a savory punch.*

### INGREDIENTS

- 1 bunch carrots, topped
- Olive oil for drizzling
- 1 tsp honey or maple syrup
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- Salt and pepper to taste



### DIRECTIONS

1. Preheat oven to 425. Wash and scrub carrots. Cut larger carrots in half, lengthwise. Place on a baking sheet (lined with parchment or a silicone sheet) or in a large bowl.
2. Toss the carrots with a drizzle of olive oil, the honey, coriander, cumin, and pinches of salt and pepper. Roll the carrots with your hands to coat and arrange them on a baking sheet in a single layer, with space between the carrots. Roast for 15 to 25 minutes, or until the carrots are fork-tender and lightly browned but not mushy.
3. Serve as is, top with chimichurri sauce, or drizzle with tahini and lemon juice.