

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2023 Week 3
July 26 & 29

IN THE SHARE

“/” indicates a choice

- Potatoes
- Carrots/Beets/Kohlrabi
- Cherry Tomatoes
- Garlic
- Summer Choices

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, Cosmos

BROWN

Anise Hyssop, Poppy Pods & Seeds, Verbena

PINK

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

YELLOW

Lemon Balm, Sage, Yarrow, Bee Balm

NEED HELP? JUST ASK!

IRRIGATION VS RAINWATER

If you haven't noticed, it's been a dry year. Luckily, through irrigation, we are able to make sure our crops get all the water they need, even when Mother Nature doesn't cooperate. So why, if the plants are getting enough water, do they still look greener and more lush after a few thunderstorms? Is rainwater somehow better than tap water?

The answer is a resounding yes! First, rain washes away dust, minerals and pollutants that accumulate on plants during dry times, making [photosynthesis](#) more effective. Second, raindrops fall at an average of 20 mph, whereas irrigation droplets hit the soil at around 5 mph, which means raindrops penetrate the ground more deeply. Rain also falls uniformly, not just near the plants themselves, meaning more available water in the ground to reach plants through capillary action and microbial networks. Finally, rainwater helps leach accumulated salts away from the root zone, stimulating new growth.

The chemical benefits of rainwater are even more interesting. A [lightning strike](#) contains around a billion volts of electricity, and is 5 times hotter than the surface of the sun. When all that electricity and heat rips through the air, it breaks down the strong bonds of nitrogen atoms (which make up about 78% of our atmosphere). The unstable nitrogen bonds with oxygen, creating nitrogen dioxide, which in turn dissolves in water molecules to form nitric acid. When enough water accumulates in a cloud, it falls as rain, delivering its dissolved nitric acid straight to the plants that need it. In addition to nitric acid, rainwater also holds dissolved oxygen and carbon dioxide, which, like nitrogen, are essential for plant growth, and also for releasing other nutrients like zinc, copper, manganese and iron from the soil.

If it keeps not raining, we'll keep irrigating. But we'll also keep doing our rain dances, because nothing beats a good rainstorm! Next time it does rain, thank the clouds for all those tiny drops of fertilizer, helping your veggies grow healthy, strong and tasty!

PYO HIGHLIGHT: SEEDS

- **Dill seeds** add flavor to pickles, potato salad or egg salad. They add depth to savory breads or marinades for fish or chicken.
- **Coriander** is the seed of the cilantro plant. Grind it over veggies before roasting, add whole seeds to pickles, or pulverize into a rub for beef or pork.
- **Poppy seeds** are a quintessential ingredient in muffins and other pastries. They can also be added to salad dressings or salads for a subtle crunch.



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Garlic Dip **VEG, GF**

Our famous garlic is finally here! To celebrate, try this creamy garlic dip, perfect for summer parties. Roasting the head of garlic mellows out the sharpness, leaving a sweet, rich flavor that accentuates any vegetable you dip in it.

INGREDIENTS

- **1 head of garlic**
- 1 tablespoon olive oil
- 8 ounces sour cream
- ½ cup mayonnaise
- **2 tablespoons assortment of chopped fresh herbs (chives, tarragon, basil, parsley, etc)**
- **1 tablespoon chopped fresh dill**
- Salt and pepper to taste
- Assorted vegetables or chips for dipping



DIRECTIONS

1. Preheat your oven to 400 degrees.
2. Using an 8 to 10 inch double thickness square of aluminum foil, place the unpeeled, intact cloves in the center and add the olive oil. Bring foil up around the bulbs and fold edges to seal.
3. Roast the garlic cloves for 15-30 minutes, depending on how intense you want the garlic flavor to be. The less time the garlic roasts, the more pungent it remains.
4. Remove from oven and allow to cool slightly. Carefully remove cloves from their papery skins and put into a mortar or food processor, along with any residual olive oil from the foil. Mash or blend the garlic to your desired consistency.
5. In a bowl, stir together the garlic, sour cream, mayonnaise, chopped herbs, and chopped dill. Season with salt and pepper. Serve with veggie sticks/slices, crackers or pita chips.

Roasted Potatoes with Coriander Seeds **VEG, GF, DF**

Creamy new potatoes pair perfectly with the bright, citrusy flavor of coriander seeds. This works well as a side dish, or top with a fried egg and enjoy as a quick and simple vegetarian main course.

INGREDIENTS

- **1.5 pounds potatoes**
- Olive oil
- **2-3 garlic cloves**
- **2 tablespoons coriander seeds**
- **¼ cup packed fresh parsley**
- 1 teaspoon black peppercorns or red pepper flakes
- 1 ½ teaspoons salt
- lemon wedges
- water to parboil the potatoes



DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Scrub the potatoes (no need to peel). Bring a large pot of salted water to a rolling boil. Parboil the potatoes for 6 to 8 minutes.
3. Transfer the potatoes into a large bowl of cold water for a minute or two then pat them dry. Cut them into halves or quarters & season them with a generous drizzle of oil and salt to taste.
4. Transfer the potatoes to a sheet pan and spread them out into 1 layer. Roast in the oven for 25 to 40 minutes or until golden-brown and crispy. Flip with a spatula during cooking for best results.
5. While potatoes are roasting, mince parsley & garlic and set aside. Coarsely grind coriander seeds and whole peppercorns or pepper flakes.
6. Heat a generous portion of olive oil in a wok or a large skillet on medium heat. Add coarsely grounded coriander seeds, minced parsley, and garlic. Sautee until fragrant for about 30 seconds to 1 minute. Add roasted potatoes, season with salt and pepper. Toss until well combined.
7. Serve hot with a lemon wedge. Garnish with chopped cilantro or parsley, if desired.

Kohlrabi and Apple Slaw **VEG, GF**

Since this is the last week of kohlrabi until the fall, I thought I'd reprint this popular recipe from the Spring session. Many members told me how much they enjoyed it. It's delicious, light and refreshing. Ideal for these hot, summer days.

INGREDIENTS

- ½ cup plain full-fat yogurt
- ¼ cup minced red onion
- 1 tbsp whole-grain Dijon mustard
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- ¼ tsp ground cumin
- 1 pound kohlrabi bulbs**
- 1 large tart green apple
- 2 tbsp fresh lemon juice
- 1 tbsp finely chopped fresh dill or fennel**



INGREDIENTS

1. In a large bowl, combine the yogurt, onion, mustard, salt, pepper and cumin. Stir together and let stand while you prep the kohlrabi and apple.
2. Peel the kohlrabi. Slice off each end, then use your knife to slice off the thick green or purple skin. The skin is bitter and not pleasant to eat, raw or cooked. Once peeled, you'll be left with white or pale green balls.
3. Using a knife or mandolin, slice the kohlrabi into 1/16-inch slices. Stack 6 or so slices together at a time, and slice into 1/16-inch-thick matchsticks. As you cut, transfer the kohlrabi matchsticks to the bowl with the dressing.
4. Peel and core the apple. Then cut the apple in the same manner as the kohlrabi, into matchsticks. Your aim is to have about half the amount of apple as you do kohlrabi in the final salad.
5. Add the apple matchsticks to the bowl along with the lemon juice and toss all the ingredients to combine. It will seem like there is not enough dressing at first, but by the time each matchstick is coated in yogurt, you'll see that it is enough. Taste and season with more salt and pepper, if you like. Transfer the salad to a serving dish and top with the dill or fennel just before serving.
6. For a more substantial side dish, add collards or kale. Wash and de-stem a bunch of collards or kale, stack the leaves, and slice very thinly. Mix this into the slaw as well. You will probably want to increase the measurements for the dressing by half to accommodate the extra bulk.