

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2023 Week 4
August 2 & 5

IN THE SHARE

“/” indicates a choice

- Summer Veggies
- Beets/Carrots
- Garlic
- Hot Peppers
- Cherry Tomatoes

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, Gem Marigolds

GREEN

Dill Seeds, Green Coriander Seeds

ORANGE

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

BROWN

Anise Hyssop, Verbena, Rubeckia

PINK

Parsley, Lemon Basil, Basil, Thai Basil, Cilantro, Zinnias, Sunflowers, Pincushions (Scabiosa), Dill, Statice

YELLOW

Lemon Balm, Sage

NEED HELP?

Ask a Red Wiggler staff for help finding any of these items in the PYO!

planning your menu?
dreaming about a bouquet?
just want to know what's growing where?



[CLICK HERE TO VISIT OUR VIRTUAL FARM TOUR!](#)



gomphrena



celosia

The PYO is full to bursting right now!
Get your hands on all the gorgeous flowers (and delicious herbs) out there this week!



sunflowers



cosmos



statice

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Bloody Mary Tomato Salad VEG, GF, DF

Here's a fun recipe our Education Coordinator, Michaelle, sent me recently. Keep this one around for the next several weeks, as we get into the height of tomato season. This is perfect for the little salad tomatoes we've had available lately, as well as larger slicing tomatoes. I also think it would work really well with cherry tomato halves.

INGREDIENTS

FOR THE SALAD	FOR THE DRESSING
<ul style="list-style-type: none">• 2 celery stalks, thinly sliced	<ul style="list-style-type: none">• 1 tablespoon soy sauce (or tamari for GF)
<ul style="list-style-type: none">• 1 small red onion or shallot, thinly sliced	<ul style="list-style-type: none">• 1 tablespoon balsamic vinegar
<ul style="list-style-type: none">• 1 tablespoon lemon juice	<ul style="list-style-type: none">• 1.5 to 2 teaspoons hot sauce, like Tabasco
<ul style="list-style-type: none">• ¼ teaspoon granulated sugar	<ul style="list-style-type: none">• 1 clove garlic, grated
<ul style="list-style-type: none">• Salt and pepper to taste	<ul style="list-style-type: none">• ½ teaspoon celery salt
<ul style="list-style-type: none">• 2 pounds ripe tomatoes, coarsely chopped	<ul style="list-style-type: none">• 2 tablespoons olive oil
<ul style="list-style-type: none">• Handful of chopped parsley	

DIRECTIONS

1. Place celery and red onion in a bowl, and add lemon juice, sugar and 1/4 teaspoon of salt. Toss and leave to soften for 5 to 10 minutes while you prepare the rest of the salad.
2. To make the dressing, combine the soy sauce, balsamic vinegar, hot sauce, garlic, celery salt and olive oil in a bowl and stir to combine.
3. Tip the celery and red onions into a colander and allow to drain. Squeeze out any excess liquid.
4. Place the tomatoes in a large bowl and add the celery and onion. Add the dressing, along with the black pepper; stir gently to combine. Taste and season with more salt, if needed. Top with parsley.

Easy Pickled Beets VEG, GF, DF

We've got lots of little beets right now, so it's the perfect time to make these easy pickled beets! Boiling the beets softens them, sweetens them, and makes them very easy to peel. Pickled beets are fun on burgers, or as an accompaniment to other summer grilling favorites—steaks, chops and sausages. They also add a sweet zing when topping a green salad or next to a creamy potato or pasta salad. Don't like beets? Try this same recipe with carrots!

INGREDIENTS

- **1 pound small beets, scrubbed and topped**
- **2-3 sprigs fresh dill**
- 1 cup distilled white vinegar
- ¼ cup granulated sugar
- 1 tablespoon kosher salt
- **1-2 garlic cloves, smashed**
- 4-6 whole black peppercorns
- ½ teaspoon yellow mustard seeds



DIRECTIONS

1. Place the beets in a medium saucepan and add just enough water to cover. Bring to a boil over medium-high heat. Cover and reduce the heat to medium-low. Cook for 20-30 minutes, or until fork tender. Remove the beets from the water and let rest until cool enough to handle.

2. Using a clean dishtowel or paper towel, rub the beets all over to remove their skins. Leave whole, or cut in half, depending on your preference. Place in a pint-sized canning jar, leaving 1-inch of space at the top of the jar. Layer the beets with the dill sprigs.
3. In a medium saucepan, combine the vinegar, sugar, salt, garlic, peppercorns, mustard seeds and 1 cup of water. Bring to a boil over medium-high heat and stir well to dissolve the sugar. Remove from the heat and immediately pour over the beets, stopping at ½ inch from the rim of the jar.
4. Cover the jar and let cool to room temperature. Transfer to the refrigerator to cool completely.

Classic Potato and Egg Salad **VEG, GF**

I know there are a million ways to make potato salad—some of them old school, some of them new school. I also know that folks have strong opinions on the subject! But just in case you don't have a favorite yet, may I suggest that the best potato salad has hard-boiled eggs in it? You can tell me all the reasons I am wrong when you see me at CSA, but I'll warn you, I haven't heard a compelling argument yet!

INGREDIENTS

- **3 pounds potatoes, cut into 3/4-inch cubes**
- 2 tablespoons apple cider vinegar
- 1 ¼ cups mayonnaise
- ¼ to ½ cup dill pickle relish (*optional*)
- 1 teaspoon celery salt
- 1 teaspoon Dijon mustard
- 4 hard-boiled eggs, diced
- 2 celery stalks, diced
- half of a small red onion, thinly sliced
- salt and pepper



DIRECTIONS

1. Place the diced potatoes in a large stockpot and add enough cold water so that the potatoes are Cook over medium-high heat until the water reaches a boil. Reduce heat to medium to maintain a simmer, then continue cooking the potatoes for 5-8 minutes or until the potatoes pierce easily with a fork. Try to avoid overcooking the potatoes.
2. Drain the potatoes thoroughly in a colander. Return the potatoes to the stockpot, drizzle evenly with the vinegar, and let the potatoes rest for 20-30 minutes, or until cool enough to handle.
3. Meanwhile, whisk together the mayo, celery salt, mustard and pickle relish in a medium bowl until evenly combined.
4. Once the potatoes are ready to go, add in the mayo mixture, diced eggs, celery and onion. Toss gently until evenly combined.
5. Taste and season with additional salt and pepper if needed.
6. Transfer the potato salad to a serving bowl, cover, and refrigerate for 1-2 hours to chill.
7. Serve chilled. Sprinkle with smoked paprika and **chopped parsley, dill and/or chives**, if desired.