

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2023 Week 6
August 16 & 19

IN THE SHARE

“/” indicates a choice

- Potatoes
- Garlic
- Tomatoes
- Cherry Tomatoes
- Edamame!

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, Giant Marigolds

ORANGE

Sorrel, Thyme, Marigolds, Fennel, Basil, Celosia, Gomphrena, Sunflowers, Cosmos, Salvia

BROWN

Anise Hyssop, Verbena, Rubeckia

PINK

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

YELLOW

Lemon Balm, Sage

NEED HELP?

Ask a Red Wiggler staff for help finding these in the PYO, ideas on how to use them, or anything else!



FARM NOTES

Every year we grow a couple of fun crops, just because. Often, the harvest is tiny, and just for staff to try. But this year, we planted 2 rows of edamame so that, if they were successful, we could share them with the CSA. Well, they were successful, and they are ready to harvest! When you come to pick up your share this week, head up to the Pink PYO garden, where staff and volunteers will help you get your edamame.

Unlike peas and beans, edamame (fresh soybeans) do not continue to make new pods with each picking. They all ripen at once, so the easiest way to harvest is simply to cut the plant from the ground, and pick the pods off of it. We'll cut the plant for you, and then help you pull all the pods off (you're also welcome to take the whole plant home if you've got kids at home who might like the activity).

If possible, plan to enjoy your edamame on the same day as you pick up your share. Like corn, edamame are best when freshly picked, though you can store them for a few days if necessary. If you plan to store them, keep them humid by wrapping them in plastic and keeping them in the fridge.

PYO HIGHLIGHT: MARIGOLDS

By David Ruch



Marigolds are great in flower arrangements and they are easy to grow and they can repel certain pests. Marigolds act as trap crops; they also attract beneficial predatory insects, butterflies, bees & other pollinators. Marigolds are also edible. Marigolds can lower inflammation and reduce free-radical damage. Marigolds are native to Subtropical America and have been cultivated in Mexico for over 2,000 years. Marigolds were first established in the early 16th century and brought to Europe and Northern Africa in the late 16th century. In the 1500's native Marigold seeds were taken from the Aztecs by early Spanish explorers to Spain. The Marigolds were cultivated in Spain and grown in monastery gardens. There is a Myth about marigolds: the story goes that the goddess Mictecacihuatl allowed spirits to travel back to Earth to reconnect with their family members on one day—The Day of the Dead. The smell of marigolds is supposed to lead souls from their burial places to their family homes.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Edamame Appetizer **DF GF Veg**

If you've ever been to a Japanese restaurant, you have likely had edamame as an appetizer. It's so fun to pop open those fuzzy little pods and eat the bright green soybeans inside. Making your own edamame appetizer is super easy. If possible, plan to enjoy your edamame on the same day you pick up your share, to get the best flavor.

INGREDIENTS

- 1 pint edamame
- 1 liter of water
- 2 ½ tablespoons sea salt
- Pinch of baking soda



DIRECTIONS

1. Rinse edamame pods in water. Snip the ends off each pod. This step is optional, but it does help the pods absorb the salted water.
2. In a large bowl, mix edamame pods with half the salt. Rub the pods between your fingers to remove the little hairs on the surface. Let pods sit in the salt for 30 minutes.
3. Bring a liter of water to a boil. Add the remaining salt, and a pinch of baking soda to help the pods maintain their bright color.
4. Once the water is boiling, add the salted edamame (and any salt/juices leftover) and boil for three and a half minutes. At that time, taste the beans to see if you like the texture. If you want softer beans, boil for another minute.
5. Drain the edamame, and toss them frequently to cool them down as quickly as possible (do not rinse with cold water or you will lose all your yummy salt flavor). Serve immediately.

Tomato Cheddar Toasts **Veg GF (with modifications)**

I am a huge fan of tomato and cheese sandwiches; they make up a pretty significant portion of my diet in the summer months. But I have always just sliced the cheese and plunked it on the toast. This version from the New York Times, and heartily approved by our Education Coordinator, Michaëlle, uses grated cheese for a more delicate texture.

INGREDIENTS

- 2 ripe tomatoes, sliced
- ½ cup mayonnaise
- ½ cup packed (about 2 oz) finely shredded extra sharp cheddar cheese
- 4 slices crusty bread (or GF bread if desired)

DIRECTIONS

1. Mix the mayonnaise and cheese, adding a pinch of salt if desired.
2. Toast the bread, then when the bread is still hot, slather the mayo cheddar mixture on top.
3. Top with tomatoes, sprinkle with salt (optional) and enjoy!