

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2023 Week 7
August 23 & 26

IN THE SHARE

"/" indicates a choice

- Potatoes/Carrots/Beets
- Garlic
- Cherry Tomatoes
- Big 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, Gem Marigolds, Giant Marigolds

ORANGE

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

As the banner above says, this is the last week of the Summer CSA. We hope you've enjoyed all the veggies, flowers and herbs that come along with the season. It's been an odd year, with some usual winners doing poorly (I'm looking at you, squash and cukes!) and some surprises (lots of eggplant, and whopping green peppers!), but all in all, we think it's been a great summer. We hope you agree! This week, you'll take home a good amount of summer favorites, and remember we have plenty of extras for purchase if you want to bolster your share a bit. Things like potatoes and carrots will keep well for several weeks.

This is also the week to get any swag or extras you've been eyeing! Been thinking about a jar of honey? Treat yourself! Like our cool hats? Get yourself one! Haven't tried our soap yet? Take advantage of the buy one, get one free sale! All proceeds from our retail sales go right back into supporting our farm, our Growers, and our Farm to Food Bank programs.

[The Sweet Farm](#) will be here with local meat and eggs for sale both Wednesday and Saturday. Choose from a selection of popular cuts at CSA, or [preorder](#) on the website to get exactly what you're looking for. At checkout, choose the pick-up day that matches your CSA pick-up, and they'll have it ready for you!

If you're continuing into the Fall Session, your first pick-up will be on Wednesday, September 13th or Saturday, September 16th. There is no CSA during the weeks of August 28th and September 4th. Mark your calendars!

JOIN US FOR HARVEST CELEBRATION!

On September 9th, we're having our annual [Harvest Celebration](#)! Every year, we gather to enjoy good food and drink, play games, listen to live music, and celebrate the amazing Growers who fuel our mission and vision (as well as grow all this tasty food!). It's a fun and delicious day of friendship and community. We'd love for you to join us this year! Tickets are [on sale](#) and going fast, so get yours today!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Gazpacho **DF GF Veg**

There was a summer, many years ago, when I became obsessed with gazpacho. I think it was the summer I started to think seriously about where my food came from. I discovered the farmers market, and how good really fresh veggies taste. I always ate pretty healthily (thanks, mom!), but once I discovered the “fresh factor,” there was no going back! Gazpacho made with fresh, in-season veggies on a humid, late summer day puts that “fresh factor” on display.

INGREDIENTS

- **About 2 pounds ripe red tomatoes, cored and cut into chunks**
- **2-3 banana peppers, cored, seeded and cut into chunks**
- 1 cucumber, about 8 inches long, peeled and cut into chunks
- 1 small mild onion (white or red), peeled and cut into chunks
- **1-2 cloves garlic**
- 2 teaspoons sherry vinegar, more to taste
- Salt
- ½ cup extra-virgin olive oil, more to taste, plus more for drizzling



DIRECTIONS

1. Combine tomatoes, pepper, cucumber, onion and garlic in a blender or food processor. Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula.
2. With the motor running, add the vinegar and 2 teaspoons salt. Slowly (very slowly!) drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy.
3. Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight.
4. Before serving, adjust the seasonings with salt and vinegar. If soup is very thick, stir in a few tablespoons ice water. Serve in glasses, over ice if desired, or in a bowl.
5. Some people swear gazpacho should be smooth. If you feel that way, eat this soup as is. If you want to add some texture and crunch, top with some finely chopped cucumber, pepper and onion. Maybe some halved cherry tomatoes and some nice croutons. Or a dollop of sour cream. You can't really go wrong!

Shiso Salt **Veg DF GF**

The last week of CSA is a great time to stock up on herbs from the PYO so you can use them throughout the fall. A little time in the kitchen now will reap wonderful flavor rewards in your fall cooking. Make a batch of pesto, make some tarragon vinegar, dry some thyme, or try this uniquely flavored shiso salt. Leave it on the table as a finishing salt to add a distinct touch to all your dishes.

INGREDIENTS

- Coarse sea salt
- Shiso leaves

DIRECTIONS

1. Pick your desired amount of shiso leaves. By weight, measure out twice as much salt as you have shiso.
2. Pulse shiso leaves and salt until the shiso leaves are chopped into tiny pieces. Then spread on a cookie sheet to dry, stirring a few times a day to release more moisture.
3. After the mixture is totally dry, store in an airtight container and use liberally!

