

IN THE SHARE

- Sweet Potatoes
- Root Veggie Choices
- Cabbage
- Choi Choices
- Hot Peppers
- And more!

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED

Dill Seeds, Lovage, Oregano, Chives, Marigolds, Russian Sage, Tarragon, Peppermint, Spearmint, Lavender, Thyme

ORANGE

Sorrel, Thyme, Cosmos, Fennel, Basil, Celosia, Gomphrena, Salvia, Snapdragons, Dill

BROWN

Verbena

PINK

Parsley, Lemon Basil, Basil, Thai Basil, Zinnias, Scabiosa, Roselle, Statice, Strawflower

YELLOW

Lemon Balm
Sage

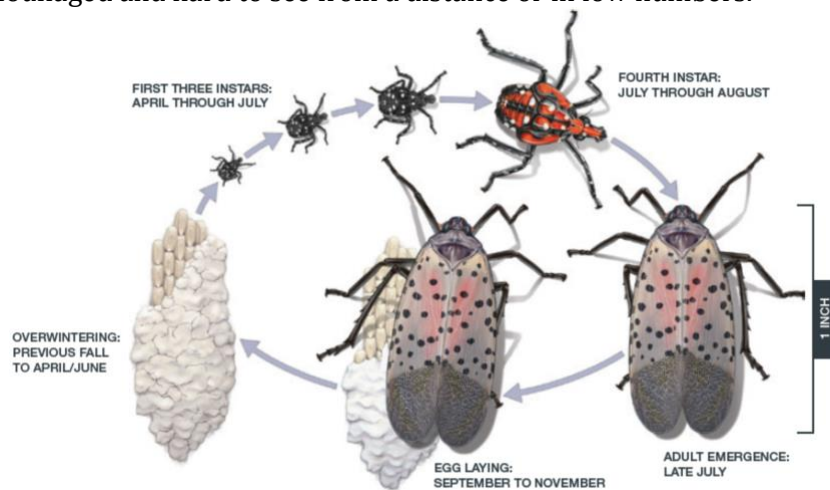
NEED HELP?

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

FIELD NOTES

If you take even a passing interest in local agricultural issues, you have probably heard of the spotted lanternfly (*Lycorma delicatula*). Those of us in the ag world have been monitoring the slow, inevitable encroachment of this invasive insect since it was first detected in Pennsylvania in 2014, and it's finally here in Montgomery County. The spotted lanternfly is a voracious feeder, and just happens to love many economically important crops like grapevines, black walnuts, birch, and maples. Heavy feedings do not typically kill these plants, especially when they are well-established. Instead, spotted lanternflies are considered *plant stressors*, that weaken the plant, reduce photosynthesis and energy storage, and leave them more susceptible to other threats.

Like most insects, spotted lanternflies have a life cycle that involves many stages. Between April and July, the insects will hatch and go through 4 nymphal stages called instars. During the first 3 stages, the nymphs are black with white spots. During the final stage, the nymphs are red with white dots and black stripes. Adult spotted lanternflies are about an inch long, with gray forewings with black spots. Their abdomens are black with yellow bands, and their hind wings are red, black and white. But because they walk more than fly, their hindwings are usually hidden, making them well-camouflaged and hard to see from a distance or in low numbers.



Spotted lanternflies are laying eggs right now! Typical laying season is September through November, or until the cold kills off the adults. They lay egg masses of about 35 eggs each on trees, rocks, decks, houses, etc., and cover them with a putty-like substance that looks like a smear of dried mud. If you suspect you have found an egg mass, you can either crush it or scrape it into a container of rubbing alcohol.

Throughout the year, familiarize yourself with the different life stages of the spotted lanternfly, and destroy them whenever possible. Learn more about spotted lanternflies, how they damage plants, and what you can do to help control them, by visiting the Maryland Department of Agriculture [info page](#), the comprehensive Penn State Extension [info page](#), or watch this interesting [video](#). Bonus activity: make a few [spotted lanternfly traps](#) over the winter so you're ready to catch and destroy them next summer!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Stir-Fried Cabbage (or Choi) **VEG DF GF**

Between the cabbage and the choi this week, you've got lots of opportunities for some yummy stir-frys. I love this classic, simple version that comes together in minutes. The umami flavor is strong, and the texture and crunch are hearty and satisfying. Make it spicy or not, depending on your tastes. Serves 4 as a side dish.

INGREDIENTS

- 4 garlic cloves, minced
- 2 teaspoons minced ginger
- **1-2 minced hot peppers (optional)**
- 1 star anise, broken in half
- 2 teaspoons soy sauce (more to taste)
- 2 tablespoons rice wine or dry sherry
- 2 tablespoons peanut or canola oil
- **1 small cabbage, quartered, cored and cut crosswise into thin shreds**
- 1 medium carrot, cut into julienne
- Salt to taste
- **2 tablespoons minced chives or cilantro**



DIRECTIONS

1. Combine the garlic, ginger, pepper, and star anise in a small bowl. Combine the soy sauce and wine or sherry in another small bowl.
2. Heat a large wok or skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and tilting it back and forth. Add the garlic, ginger, pepper, and star anise. Stir-fry for a few seconds, just until fragrant, then add the cabbage and carrots. Stir-fry for one to two minutes until the cabbage begins to wilt, then add the salt and wine/soy sauce mixture. Cover and cook over high heat for one minute until just wilted. Uncover and stir-fry for another 30 seconds, then stir in the chives or cilantro and remove from the heat. The cabbage should be crisp-tender. Serve with rice or noodles.

**You can substitute choi for cabbage in this recipe, or double everything and make a large batch using both cabbage and choi. You can also mix up the other veggies, using turnips and/or kohlrabi along with or instead of the carrot.*

