

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2024 Week 4
June 5 & 8

IN THE SHARE

“ / ” indicates a choice

- Spring Onions/Scapes
- Radishes/Turnips
- Lots of greens choices!

PICK-YOUR-OWN

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

RED

Lovage
Oregano
Chives
Tarragon
German Thyme
Peppermint
Lavender

GREEN

Cilantro
Dill

ORANGE

Lamb's Ear
Sorrel
French Thyme
Chamomile

PINK

Bachelor Buttons
Arugula
Arugula Flowers

BROWN

Verbena
Fennel
Rose Campion

YELLOW

Sage & Sage Flowers
Lemon Balm
Yarrow

NEED HELP?

Just ask any RWCF staff or volunteer. We're here for you!

FARM NEWS

Though it's been a tight Spring, our onion crop has been prolific. It's really the one thing we've been able to share with our food assistance partners in the last few weeks. But we're not the only ones having a tough season so far. Our food assistance partners report that there's not much produce locally available right now, yet the community need is as high as ever. Food insecurity is a big and complex problem, one that is easy to forget about when it doesn't affect you personally. Through our [50/50 distribution model](#), we try to keep this issue top of mind, while still enjoying the "fruits" of our labors.

Over the winter, Red Wiggler staff and volunteers volunteered at one of So What Else's weekly food distribution days. Hundreds of people made their way through the line on a chilly February morning, as the crew sorted produce, kept things stocked, broke down boxes, and did anything else that was

needed. It was a rewarding and eye-opening experience for all of us; giving us a sense of community and clearer picture of the ongoing problem of food insecurity in our county.



Throughout the course of the season, I will be highlighting our food assistance partners, as well as creating opportunities for CSA members to volunteer at their various distributions. **The first one is [So What Else in Gaithersburg on Wednesday, July 10th](#)**. More details on this to come, but if you want to learn more or register to volunteer, [click here >>](#)

PYO HIGHLIGHT



Lavender: The lavender flowers have made their debut, and I am hoping for another great year! Though there are dozens of species of lavender, *Lavandula angustifolia* is the most commonly cultivated in the US. Native to the Mediterranean region, lavender has spread across the globe, and is even considered invasive in some areas. The scent of lavender is unique and widely recognized; you can find it in everything from skin care and cleaning products to lemonade and herb blends. Used in both savory and sweet dishes, lavender pairs well with chocolate, goat cheese, lemon, and pork. If you try [cooking or baking with lavender](#), remember that a little goes a long way!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Radish & Turnip Hash with Fried Eggs **VEG, GF, DF (with modification)**

From the [CSA recipe archives](#)—a recipe from 2021 using a mix of radishes and turnips. This meal will work perfectly this week, as the turnips and radishes are small and not too “bitey” yet. Try this for a simple dinner with a salad and nice bread, or for a weekend brunch—with or without bacon! ~adapted from [thekitchn.com](#)

INGREDIENTS

- 2 to 3 small turnips, cleaned/trimmed, and cut into $\frac{3}{4}$ inch cubes
- 4 to 5 small radishes, cleaned/trimmed, and cut into $\frac{3}{4}$ inch cubes
- Coarse sea salt
- Freshly ground pepper
- 2 tablespoons heat-tolerant oil (grapeseed, canola, peanut)
- 1-2 garlic scapes, finely chopped
- 2 tablespoons butter
- 4 eggs
- 1 tablespoon each minced cilantro & sliced green onions (optional)



DIRECTIONS

1. Fill a large saucepan with water and bring to a boil. Add 2 teaspoons salt. Boil turnip cubes just until tender, 3 to 4 minutes; remove to a bowl with a slotted spoon, pour off any excess water, and set aside. Next, boil radishes briefly, 30 to 60 seconds; remove to a bowl with a slotted spoon, pour off any excess water, and set aside.
2. Set a large cast iron skillet over medium-high heat. Add oil and when hot, add turnips and radishes, and a pinch each sea salt and pepper.
3. Turning vegetables only once or twice, cook 8 minutes or until golden-brown. Turn heat to medium and fold in garlic scapes, cooking for about two minutes.
4. Push vegetables to the sides, melt butter in the center of pan, and add the eggs, salting each individually.
5. For over-easy eggs, cook uncovered 4 to 6 minutes; for over-medium eggs, cover pan for 3 minutes, then uncover and continue cooking just until whites are set, 2 to 3 minutes longer.
6. Finish with minced cilantro, and salt and pepper to taste. Serve immediately.

Lavender Sugar **VEG, GF, DF**

This super easy DIY project is delicious to use in your own kitchen—sprinkle on yogurt and berries, add to whipped cream, sweeten tea or other drinks, use in baking—anywhere you would use sugar but wouldn't mind an additional hint of lavender flavor too! Find a neat jar, and this also makes a fun gift!

- 2 cups high-quality sugar
- 3 tablespoons fresh lavender flowers

Pour a couple of tablespoons of sugar and all of the lavender into a clean (and dry!) coffee grinder, and grind until very fine. You can use a food processor instead, just add a bit more sugar because of the larger bowl. Thoroughly mix the ground lavender in with the rest of the sugar and store in an airtight container. Using fresh lavender means you might have to break clumps (that form because of moisture) up if you keep this for several weeks/months, but you'll get a more intense lavender flavor. To dry lavender first, hang stalks upside down in a cool, dark place for a week before using.