

IN THE SHARE

“ / ” indicates a choice

- Roots Choices
- Onions/Scapes
- Lots of Greens Options

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
Lemon Balm
Yarrow

NEED HELP?

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

FARM NEWS

We've got a couple of events coming up that we're excited about. We hope you'll join us (and bring some friends!) for one or both.

Our Assistant Farm Manager, Mikey Hayes, is leading a **Field Tour on Saturday, June 22nd at 10 am**. Mikey is interested in soil health and all things sustainability, so if you want to learn more about our farming practices and our sustainability mindset, Mikey is your guy! Join the tour yourself, bring friends and family, or just pass this info along to your network. Tour attendees are also welcome to come into the barn and purchase produce (subject to availability). Learn more and register here: <https://redwiggler.org/tour-registration/>

We are so excited to partner with [So What Else](#) to bring a group of volunteers to help at their **Gaithersburg food distribution on Wednesday, July 10th from 9 am to 1 pm**. This is a perfect opportunity to give back, and better understand the chronic problem of food insecurity in our community. And honestly, it's also a lot of fun! [Learn more](#) and [register here](#) if you're able to attend the whole event. Email rachel@redwiggler.com if you can only attend for part (which is still awesome!) or if you want to bring anyone under 16.

PYO HIGHLIGHT: Bachelor Buttons



researched & written by CSA Assistant, Clare Carrillo
Bachelor buttons are also known as cornflowers and are native to Europe. The scientific name of the flower [in the PYO] is *Centaurea cyneus*. Another popular *Centaurea* species is *C. cineraria*. Aphids and leafhoppers are likely to bother the flowers. The flowers can be germinated between 60-65° F. Three major perennial species of the flower are *C. montana* (mountain bluet), *C. dealbata* (Persian cornflower), and *C. macrocephala* (Armenian basket flower). The name basket flower comes from the sepals which make up a straw-like cup [around the flower]. What I like about bachelor buttons is that they have beautiful colors and that I can make bouquets out of the flowers. I chose them because I wanted to learn more about the flowers.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

French Lentil Salad **VEG, GF, DF (with modifications)**

My mother-in-law recently bought canned black lentils for a recipe she wanted to try. First, I didn't even know canned lentils were a thing. And second, it reminded me how much I like lentils! So I'm trying to eat more of them. This lentil salad from the [CSA archives](#) (Spring 2016) is easy, quick (especially with the canned lentils!), and a delicious way to use many of the share veggies this week.

INGREDIENTS

- 1 cup (or 1 can) green or black Lentils
- 1-3 tablespoon red wine vinegar
- 1-3 tablespoons extra-virgin olive oil
- **¼ cup thinly sliced spring onions**
- **3-4 tablespoons chopped fresh cilantro or dill**
- **½-1 lb mix of root veggies, finely diced**
- ½ cup crumbled feta or goat cheese (optional)
- salt & pepper, to taste



DIRECTIONS

1. Sort and rinse lentils. Cover with water (about 3 cups) in a sauce pan. Bring to a boil, then turn down to a simmer. Cook until tender all the way through (about 30 minutes), adding more water if necessary.
2. The root veggies can be used raw if desired. But if you prefer them more tender and less crunchy, sauté in a little bit of olive oil for 5-7 minutes, until just softened.
3. Drain lentils and reserve ½ cup of cooking liquid. Transfer lentils to a large bowl and add veggies.
4. Toss with vinegar, salt and pepper. Let sit for 5 minutes, then taste and add more salt or vinegar as needed. Add oil, onion and herbs. Stir and taste. Add a bit of the cooking liquid if lentils seem dry and hard to stir. Add cheese and toss once mixture has cooled completely, or just before serving.

Green Banana Muffins **VEG, DF/GF (with modifications)**

Hiding vegetables in sweet things is a common tact for getting picky kids to “eat their veggies,” but honestly, it’s a great strategy for all ages. I mean, why not make some tasty muffins a little healthier (and give yourself an excuse to have a second one!)? Best made with kale or chard, but collards would work fine as well.

INGREDIENTS

- 1 cup sliced banana (very ripe)
- **2 cups lightly packed greens, destemmed/chopped**
- ¾ cup milk
- ¼ cup honey or maple syrup
- 2 tablespoons melted and cooled butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup rolled oats
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup whole-wheat flour



Adapted from [yummysdollarfood.com](#)

DIRECTIONS

1. Preheat oven to 375° F and line or grease a standard muffin tray.
2. Place all ingredients into a blender, except the flour.
3. Blend until very smooth, stopping to scrape down the sides of the bowl as needed.
4. Pulse in the flour just to combine, or stir it in gently.
5. Pour batter into the prepared muffin tin, filling each cup about $\frac{3}{4}$ cup full.
6. Bake for 18-20 minutes or until firm to the touch and lightly browned around the edges.
7. Remove from the oven and transfer to a wire rack to cool.
8. Options: if these aren't quite sweet enough for you (or your kids) add $\frac{1}{4}$ cup granulated sugar. For a more dessert-like muffin, sprinkle the tops with mini chocolate chips before baking.



HAVE FUN AND HELP OTHERS!

Volunteer with us at So What Else's weekly food distribution

Wednesday, July 10th from 9am to 1pm

CLICK TO REGISTER NOW!