

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2024 Week 6
June 19 & 22

IN THE SHARE

“ / ” indicates a choice

- Greens Choices
- Lettuce
- Spring Onions/Scapes
- Radishes/Turnips/
Kohlrabi

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

- Sorrel
- French Thyme
- Yarrow

PINK

- Bachelor Buttons
- Arugula Flowers
- Parsley

BROWN

- Verbena
- Fennel
- Anise Hyssop
- Poppy Pods

YELLOW

- Sage
- Lemon Balm
- Yarrow

NEED HELP?

Just ask any RWCF staff or volunteer!



ANNOUNCEMENTS

This Saturday, June 22nd, all CSA members are welcome to bring friends or family and join us for a [field tour](#) (starting at 10am) led by our Assistant Farm Manager, Mikey Hayes. [Registration](#) is encouraged but not required.

A big thanks to those of you who have already signed up for our volunteer day with So What Else on Wednesday, July 10th. If you haven't signed up yet, please consider joining us for a fun and energetic morning of giving back to our community! [Click here](#) to find out more and [register](#)!

FARM NEWS

The “heat dome” lowering around us, and this week’s rising temps, have me thinking about a term that we’ve discussed several times at the farm (after many of us read a powerful novel called [Ministry for the Future](#) last year): wet-bulb temperature. When discussing hot weather, we often stick to one measurement: temperature. But humidity plays a huge part in how our bodies experience heat. Wet-bulb temperature, which is measured with a thermometer that has a wet cloth sleeve over the sensing bulb, measures how effectively a body can cool itself by sweating (evaporative cooling). When the temperature and humidity are both high, our bodies can’t use their own cooling systems effectively, making even seemingly lower temperatures more dangerous.

As weather patterns become more severe across the globe, measurements like the wet-bulb temperature will become more important to monitor. Already, the US military, OSHA, many college athletics departments, and many nations in the Global South, use the WetBulb Globe Temperature—which also takes into account cloud cover, sun angle, and wind speed—as a guide when managing strenuous activity in direct sunlight.

If you’re interested in learning more about these alternative (though important) ways to measure our relationship to our environment, the National Weather Service has a [WetBulb Globe Temperature prototype page](#) that has a lot of interesting information, as well as readings for our area. And NOAA offers the [National Digital Forecast Database Display](#), which lets you hone in on your region and then choose any number of measurements to see, including an experimental Heat Risk assessment.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kale, Turnip & Radish Salad **VEG, DF, GF**

When it's hot, my desire to cook dwindles pretty dramatically. And I find myself wanting light dishes, like this kale salad, adapted from a 2016 newsletter. With kale, turnips and radishes, this quick and easy salad uses a lot of items from this week's share, and requires no heating. Toss in a can of white beans, and you've got a simple meal perfect for dinner under the heat dome!

INGREDIENTS

- **1 bunch kale (or other greens)**
- **2-3 turnips**
- **3-4 radishes**
- ¼ cup well-stirred tahini
- ¼ cup water
- ¼ cup fresh lemon juice
- **2 garlic scapes, very finely chopped**
- Salt & pepper, to taste
- **2 spring onions, finely chopped (optional)**



DIRECTIONS

1. Wash and remove stems from greens. Wash, top and tail the radishes and turnips.
2. Chop greens into thin ribbons. Dice radishes and turnips. Put all veggies into a large mixing bowl.
3. Whisk tahini, water, lemon juice and scapes together. For a smoother dressing, use a blender to combine.
4. Toss the veggies with the salad, seasoning with salt and pepper to your tastes.
5. Sprinkle the chopped spring onions over the salad before serving, if desired.
6. For more herb flavor, you could also sprinkle the salad with **cilantro, dill** or **parsley** from the PYO!
7. As mentioned in the intro, you could toss the salad with a drained can of white beans for a complete meal. If you do this, you may want to slightly increase the amount of tahini, water, and lemon juice.



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!](#)