

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2024 Week 7  
June 26 & 29

## IN THE SHARE

- Spring Onions
- Roots Choices
- Lots of Greens Choices
- And More!

## PICK-YOUR-OWN

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

### **RED**

Lovage  
Oregano  
Chives  
Tarragon  
German Thyme  
Peppermint  
Lavender  
Russian Sage  
Bee Balm

### **GREEN**

Cilantro  
Dill

### **ORANGE**

Sorrel  
French Thyme  
Yarrow

### **PINK**

Bachelor Buttons  
Arugula Flowers & Pods  
Parsley  
Zinnias  
Sunflowers (limit 1 please)

### **BROWN**

Verbena  
Fennel  
Anise Hyssop  
Poppy Pods & Seeds

### **YELLOW**

Sage  
Lemon Balm  
Yarrow

**Need help? Just ask!**



## 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!**

## ANNOUNCEMENTS

This is the final week of the Spring CSA session. Then there are 2 weeks off before the Summer session starts. If you are continuing into the Summer session, your first pick-up is on Wednesday, July 17<sup>th</sup> or Saturday, July 20<sup>th</sup>. We hope you have a wonderful Fourth of July weekend!

If you borrowed a book from our lending library and you are not in the Summer CSA, please return it this week, and cross your name off the list.

If you are continuing into the Summer session, you may come by to dump your compost during the break. Open hours are M-F, 9am to 3pm. The farm will be closed on Thursday, July 4<sup>th</sup>. The PYO gardens are not open during the break. Thanks for driving slowly and carefully when coming by the farm.

## PYO HIGHLIGHTS

—Herbs, herbs, herbs! There are so many great herbs growing right now! Since this is the last week of Spring CSA, spend a little extra time harvesting herbs, and use your favorite method for preserving them. [Drying](#) is easy, especially if you have a dehydrator. But, I find that [freezing](#) retains the best flavor, color, and nutrition. You can also make herb-infused [oils](#) and [vinegars](#) with herbs. Poured into fun glass jars, these easy condiments make great gifts—or be selfish and use them in your own kitchen! Click on any of the links above to learn more about each process.

—Flowers, flowers, flowers! From the amazing and abundant lavender (which can be easily dried for long-term use) to the new zinnias and sunflowers (limit 1 per share, please), to Spring workhorses like verbena, bachelor's buttons and yarrow, there are lots of flower options right now. Looking for something different in your bouquet this week? Try a few arugula flower stalks, with their bright green seed pods. Or an alien-looking poppy pod. Or even a nubby sorrel stalk. Wander through the gardens with an open mind, and see where your creativity takes you!

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Zucchini Carpaccio **VEG, GF, DF (with modifications)**

As I was creating the [recipe index](#) last winter, I remember being intrigued by this recipe. Then, last week, a CSA member mentioned how much she loved it and how she makes it every summer. So, to give you a hint of what surprises might be in the share this week, here's this fun recipe from 2020. If you're joining us for the Summer session, you might want to bookmark this one!

### INGREDIENTS

- **1 pound zucchini**
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- Salt and Pepper
- ¼ cup shredded parmesan cheese
- **1-2 teaspoons chopped herbs of your choice**
- ¼ cup pine nuts or walnuts (optional)



### DIRECTIONS

1. Cut the zucchini into thin slices. For rounds use a mandolin to make  $\frac{1}{16}$  inch slices. For long strips, use a vegetable peeler to create thin strips. Place zucchini in a bowl.
2. Finely chop herbs and add to the zucchini along with the olive oil, lemon juice, and salt and pepper to taste. Toss gently.
3. Spread onto a serving plate and sprinkle the cheese and optional nuts on top.
4. Serve immediately with crackers or crusty bread.

## Grated Beet Salad **VEG, GF, DF**

Here's another hint as to the surprises in the share this week! Bright citrus pairs really well with the earthiness of beets. So well, in fact, that this salad might even turn a naysayer into a convert! If you don't think you like beets (but still have an open mind about them), take a gamble and give this yummy salad from the 2014 season a try. And if you love beets, well, this easy recipe will only make you love them more!

### INGREDIENTS

- **½ pound beets**
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil
- **2 tablespoon minced chives, mint or parsley (or a combination)**
- Salt and pepper to taste
- **Lettuce leaves for serving**

### DIRECTIONS

1. Scrub beets; peel if necessary. Grate in food processor or using a cheese grater. Put in bowl.
2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt and pepper.
3. Line a salad bowl or platter with lettuce leaves, top with the grated beets and serve.

# How to Blanch and Freeze Cooking Greens

*I am resending this guide to blanching cooking greens that Melissa, our Farm Manager, put together a couple of years ago. It may not feel like it now, but you might find you miss greens in August! Freeze some now to add to soups, quiches, pastas or smoothies throughout the summer.*

## **MATERIALS**

- One (or several) bunches of cooking greens
- A large cooking pot, 6-8 quarts
- Knife and cutting board
- Colander, or long-handled strainer if you're doing multiple batches
- If you don't have a double sink, prepare a 2nd large pot to use as a sink
- Freezer bags/containers

## **DIRECTIONS**

1. Start about 6 quarts of water on the stove on high heat to boil.
2. While the water is heating, remove the stems of the greens, and chop to your preferred size. Think about the way you'll want to use them, and make the pieces "ready-to-cook" for your recipes. 1" strips are good for quiche or scrambled eggs. 1/4-1/2" shreds are good for dropping into hot soup or a stir fry.
3. Clean one side of your kitchen sink and fill it with very cold water. If you don't have a double sink, fill a large pot with 6-8 quarts of cold water and leave your sink open. You can add ice cubes if your tap water is not cold to the touch.
4. Set the colander in the open sink if doing just a bunch or two. If doing multiple bunches, use a long-handled strainer
5. Drop the chopped greens in the boiling water and stir to cover. Keep stirring and watching for 2 minutes. Turn the heat down if needed to prevent a boil-over.
6. After 2 minutes, pour the boiling greens through the colander to strain them. If you are doing multiple batches, strain the greens out of the water using a long-handled strainer, so you can use the water again.
7. Immediately transfer the hot greens into the cold water and swish around. The faster they get cold – the more nutrients you preserve!
8. Once the greens are cold, squeeze out the excess water and pack them tightly in containers. A great method is to pack the greens in a thin layer in a one gallon silicon (or Ziplock) bag. The thin layer will be breakable so you can use just what you want.
9. Transfer the freezer containers into your freezer right away.
10. If doing multiple batches, repeat the process, bringing the hot water back up to boiling and refreshing the cold water by replacing it or adding more ice cubes.
11. Use the greens over the summer, making sure to use them all up before greens are back in the fall!