

IN THE SHARE

“/” indicates a choice

- Potatoes
- Squash/Cucumbers
- Beets/Chard
- Root Veggie Choices
- Garlic Scapes
- Rosemary

PICK-YOUR-OWN

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

RED

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

GREEN

Cilantro Flowers
Dill Flowers

ORANGE

Sorrel, French Thyme,
Gomphrena, Sunflowers,
Borage, Lamb's Ear,
Orlaya

PINK

Parsley, Zinnias,
Sunflowers, Statice,
Basil (lemon/Thai/Italian)

BROWN

Verbena, Fennel,
Black-Eyed Susans,
Anise Hyssop, Poppy Pods
& Seeds

YELLOW

Sage
Lemon Balm
Yarrow

**Need help? Just ask a
RWCF staff member or
volunteer!**



Welcome to Red Wiggler's 2024 Summer CSA! We are thrilled to welcome new faces and old friends back to the farm this summer. It's been a bit of a wild ride so far this season, with the wonky spring and the early summer heat, but we've been making the best of it, and your favorite summer veggies are coming in strong. The PYO, too, is bursting with summer flowers and herbs. But before you come to the farm for the first time this week, let's take a look at some new and new-ish features of the 2024 Summer CSA.

NEW and NEW-ISH in 2024

- **Online Recipe Index:** We've got a lot of great recipes from years past, so over the winter, I decided to index them all based on the main veggies in them. That's now on the website (get to it via the CSA page). It's not fancy, but at least all the beet or carrot or tomato recipes are in one place and easier to find. Simply visit the [Recipe Index](#) page of our website, click on the veggie you want to use, and then click on the recipe title that makes your mouth water. That will take you to the newsletter the recipe was featured in, all the way back to 2013!
- **Compost Program:** This is the second full year of our expanded compost program, but it still bears highlighting. It's part of your CSA membership, so take advantage of it if you can. Ask any CSA staff member to get a bin for you to take home, and pick up a flyer with the [list](#) of what does/doesn't go in the bin. Check out page 5 of the [Member Handbook](#) for more info.
- **CSA Lending Library:** along the back of the barn, you'll notice shelves of books on topics related to cooking, farming and gardening, nature crafts, food philosophy, and more. There's some great stuff in there—I read several of them over the winter. You're welcome to borrow anything you like—just write it down on the clipboard and bring it back before the end of Summer session.
- **Limited Schedule Adjustments:** if you can't make it to CSA one week, the best thing to do is send a friend or donate your share. But this year, you might be able to switch pick-up days for that week, if produce availability allows. See page 7 of the [Member Handbook](#) for details and procedures.

GETTING THE MOST OUT OF YOUR SHARE

Remember, your CSA share isn't only about the veggies! To get the most value out of your Summer CSA share, make sure you're maximizing all the benefits of membership.

- Spend time in the PYO each week—gathering herbs, flowers, and a little peace & quiet. If you're new to the CSA and would like some help in the PYO, please ask a staff member or volunteer.
- Utilize our compost services
- Bring your family on a [tour](#) (always free for CSA members and their guests)
- Participate in the [CSA Recipe Exchange page](#)
- Spend some leisure time at the farm. Bring a snack, a blanket, a book—during CSA pick-up, the park grounds and PYO areas are yours to enjoy!

UPCOMING OPPORTUNITIES

- The annual [Montgomery County Farm Tour](#) is coming up next weekend, July 27th and 28th. This is a wonderful opportunity to explore the county's rich agricultural offerings. From vegetable farms like ours, to orchards, ranches, dairies, wineries and breweries, there is something for everyone. Many locations have food, music and other attractions throughout the day. We will be open from 12-4 on Saturday only. Find more information, directions, tour suggestions and more at the [Office of Agriculture's website](#). Or pick up a brochure at CSA this week.
- As you may know, we distribute 50% of our produce to organizations that support people experiencing food insecurity. This season, we are also organizing several opportunities for CSA members to volunteer with us at these locations. **In August and September, we will be volunteering at Clarksburg CAN, a small monthly food pantry located at Greenridge Baptist Church in Boyds.** The community and the food pantry are small, so only a few people are needed each month. Their pantry is open the first Tuesday of each month from 5-7pm. For details and registration for August 6th, [click here](#). For details and registration for September 3rd, [click here](#).



**TOUR AREA FARMS
LEARN ABOUT LOCAL AGRICULTURE
TASTE WHAT'S IN SEASON
MOCO FARM TOUR, JULY 27-28**

****RWCF OPEN FROM 12-4 ON 7/27 ONLY**

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Rosemary Roasted Potatoes **VEG, GF, DF**

I'm not quite sure what it is about rosemary and potatoes, but they pair so perfectly together. Having harvested our first potatoes of the year last week, we thought this was a perfect time to harvest the rosemary as well. Enjoy this lovely summer combo roasted in the oven; or, if you can't bear to turn it on, you can grill potato rounds on the barbeque.

INGREDIENTS

- 1.5 lbs new potatoes
- 3-4 tablespoons olive oil
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1-2 cloves green garlic or 1-2 scapes, minced
- 2 tablespoons minced fresh rosemary leaves



DIRECTIONS

1. Preheat oven or grill to 400 degrees. If you have a convection setting on your oven, turn it on.
2. Rinse and trim potatoes. Chop potatoes in halves or quarters (or into rounds if grilling). Place in a bowl with the other ingredients and toss until well-coated.
3. Transfer potatoes to a large baking sheet and spread out in a single layer.
4. Roast for 45-60 minutes, stirring and flipping every 15-20 minutes, until browned and crisp. Serve immediately. Top with [Butter Lemon Scape Sprinkle](#), if desired.

Ottolenghi's Chickpeas and Swiss Chard with Yoghurt **VEG, GF**

One of our Spring CSA members sent me this recipe, and I am excited for chard this week so I can give it a try. It sounds delicious, and just from what I know of the different textures and flavors of the ingredients, I feel confident it's going to taste delicious too!

INGREDIENTS

- 2 medium carrots, peeled and diced
- 1 medium onion, finely chopped
- 3 tablespoons olive oil
- 1 teaspoon caraway seeds
- 1 ½ teaspoons ground cumin
- 1 bunch swiss chard, stripped* and roughly chopped
- 1 can chickpeas, drained and rinsed
- Juice of ½ a large lemon
- Generous ¼ cup Greek-style yogurt
- Salt and pepper to taste



DIRECTIONS

1. Preheat the oven to 400 degrees. Turn on your convection fan if you have one.
2. Toss the carrots in 1 tablespoon of olive oil, and a little salt and pepper. Spread on a parchment lined baking sheet and roast for about 20 minutes. They should still be a little crunchy.
3. Pour 2 tablespoons of oil into a large frying pan on medium heat, and add the onion and spices. Sauté for about 10 minutes, stirring occasionally. Add the chard, cooked carrots, chickpeas, ¼ cup water, and salt and pepper.
4. Mix thoroughly and cook for another 5 minutes or so, until the chard leaves are soft and very little liquid is left in the pan. Remove from heat, stir in the lemon juice, and serve.
5. Top with a generous dollop of yogurt, a wedge of lemon, and chopped parsley, cilantro, or mint.

*For added crunch and nutrition, you can chop the chard stalks like celery and add to the recipe, either by sauteing them with the onion, or by roasting them with the carrots.

Mediterranean-Style Cashew Cucumber Dip VEG, GF, DF

To highlight the new [CSA Recipe Index](#) on the website, I'll be regularly sharing "vintage" recipes in the newsletter this season. This is an intriguing one from 2018, using the cucumbers that are in abundance right now. If you try it, please share your thoughts via email, or on the [FB Recipe Exchange](#) page.

INGREDIENTS

- 1 pound cucumbers, peeled, seeded and grated
- 1 cup raw cashews
- 1-2 cloves green garlic
- 1 tablespoon olive oil
- 1-2 teaspoons fresh oregano, finely minced
- 3 tablespoons lemon juice
- Salt and pepper to taste
- 1 tablespoon chopped fresh dill



DIRECTIONS

1. Squeeze grated cucumber over a bowl to remove juice. Set aside juice and place cucumber in a large bowl.
2. In a food processor combine cashews, lemon juice, half the grated cucumber, garlic, olive oil, oregano, salt and pepper. Blend until creamy, adding 1-3 tablespoons of the reserved cucumber juice to make a smooth "not-too-thick-hummus" consistency.
3. Add the mixture to the remaining squeezed cucumber; add dill and stir until well mixed. 4. Cover and chill until ready to use. (Optional: drizzle olive oil over the dip and sprinkle with coarse salt and chopped herbs just before serving)