

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2024 Week 2
July 24 & 27

IN THE SHARE

“ / ” indicates a choice

- Potatoes
- Cucumbers
- Summer Veggie Choices
- Roots Choices
- Carrots
- And more!

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,
Jasmine-Scented Nicotiana

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!**



**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

Join us this Saturday for the annual [Montgomery County Farm Tour](#)! This Saturday and Sunday, farms across the county will be open for tours, tastings, food, music and other events. Visit your favorite farms, or find some new ones to love. Either way, come experience all the amazing ways Montgomery County farms feed our community. **Red Wiggler Farm will be open on Saturday only, from 12-4pm.** We will have tours, music, refreshments, and a market.

Make a day of it, and visit several farms right around Red Wiggler:

- Hayrides, fruit picking and apple cider donuts at [Butler's Orchard](#)
- Cider (alcoholic and non-alcoholic) and lunch at [Doc Water's Cidery](#)
- Tours and veggies at [Red Wiggler Community Farm](#)
- Gluten-free beer and cider at [Two Story Chimney](#) and [Silly Yak Brewery](#)
- Ice cream and animals at [Rock Hill Orchard](#)

PYO HIGHLIGHT: SUNFLOWERS

researched and written by CSA Assistant, Clare Carrillo



The Latin name for sunflowers is *Helianthus*. It is an American native and it is excellent as food for people and birds. People and birds eat the nutritious seeds of the sunflowers. The flowers are easy to grow in well-drained soil, and can be found to germinate at 70-75 degrees Fahrenheit. They like warm temperatures and bright sunlight. [However] disease can occur in humid and hot conditions. Aphids are pests that attack the flowers as well as lead to a range of leaf spots, rots and wilts. Aphids can be controlled by insecticidal soap. I chose sunflowers because I get the chance to see them bloom in the summer.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Simple Cucumber Salad **VEG, DF, GF**

In stark contrast to last season—where our cucumbers lost a losing battle to an unusually robust population of voles—we've got lots of cukes! This simple salad is one of my favorite things to do with cucumbers. It's super easy, pairs well with almost any summer meal you can think of, and gets even better after a couple of days in the fridge. FYI, this recipe is from the [archives](#), and was included in a [2022 newsletter about photosynthesis](#), which is worth a re-read.

INGREDIENTS

- **1 lb cucumbers**, thinly sliced crosswise
- 1 ½ tsp sugar
- 2 ½ tbsp red wine vinegar
- ½ small onion, thinly sliced
- Salt and pepper to taste



DIRECTIONS

1. In a medium bowl, toss the cucumber slices with the sugar and salt and let stand for 5 minutes.
2. Stir in the vinegar and onion and refrigerate for at least 10 minutes before serving.
3. Can be made a day ahead and stored in the refrigerator.
4. Sprinkle with chopped fresh **dill** or **mint** just before serving, if desired.

Sriracha-Glazed Roasted Root Veggies **VEG, DF, GF**

To commemorate the end of the spring turnips and kohlrabi, and welcome the beginning of carrots and potatoes, I thought I'd reintroduce this fun recipe from 2016 that uses any and all roots! If you don't have (or don't like) sriracha, you can substitute your favorite hot sauce. Or leave it out and just double the mustard, maple syrup, and vinegar.

INGREDIENTS

- **4 cups mixed root vegetables, peeled and chopped**
- 1 medium onion, peeled and chopped
- 2 tablespoons tamari or soy sauce
- 2 tablespoons sriracha
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- ½ tablespoon Dijon mustard
- ½ tablespoon maple syrup



DIRECTIONS

1. Preheat oven to 425°F, or 400°F with convection turned on.
2. Whisk together glaze ingredients. Toss root vegetables and glaze together in a large bowl, then transfer to a baking sheet (lined with parchment will make easier clean-up).
3. Bake for 30 to 40 minutes, until crispy, stirring vegetables a couple of times during cooking.
4. Serve with your favorite protein or topped with a fried egg.