

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2024 Week 3
July 31 & August 3

IN THE SHARE

“ / ” indicates a choice

- Potatoes/Carrots/Beets
- Cucumbers
- Summer Veggie Choices
- 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),
Dill, Cilantro

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!**



Zinnias make Clare smile

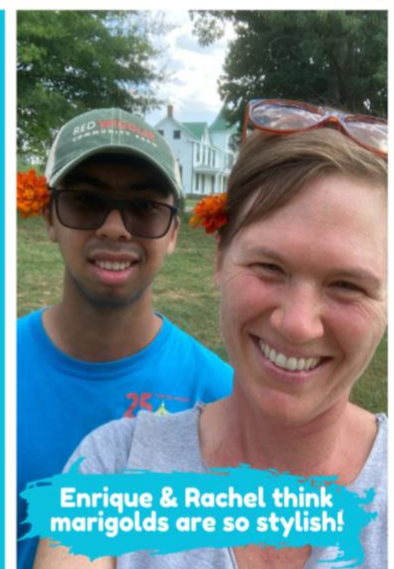


Becca thinks gomphrena is fun and playful



Contrell loves sunflowers

WHAT'S YOUR
FAVORITE FLOWER?
SOME OF THE RED
WIGGLER STAFF SHARE
THEIR PICKS



Enrique & Rachel think marigolds are so stylish!



Maggie loves sunflowers



Mac thinks lamb's ear is soft and whimsical



Charlie loves zinnias' many colors

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Potato Chocolate Chip Cookies **VEG, GF (with modifications), DF (with modifications)**

Google “potato cookies” and you will get lots of recipes for cookies that include potato chips. While those are probably also delicious, today we’re talking about cookies with actual potatoes in them! This recipe is from [Mythic Farm](#), one of our seed potato suppliers. This week, take a break from potatoes for dinner, and have them for dessert instead!

INGREDIENTS

- **2 medium yellow potatoes** (roughly 1 lb)
- 1 cup packed brown sugar
- ½ cup white sugar
- Eggs
- 1 stick room-temp butter (or DF substitute)
- 1 tsp vanilla extract
- 2 ¼ cups flour (or GF substitute)
- 1 tsp baking soda
- 1 tsp salt
- 1 cup chocolate chips



DIRECTIONS

1. Peel potatoes and boil until they can be pierced with a fork. Cool for 15 minutes. In a food processor or mixer, use dough hook or dough blade to work potatoes into a sticky ball – about 1 minute.
2. Preheat oven to 350 degrees.
3. In a large mixing bowl, add ball of potato, sugars, eggs, butter/oil, and vanilla. Beat with hand beater or mixer until potato is fully incorporated. Add flour, baking soda, and salt. Mix with beaters until smooth and dry ingredients are incorporated.
4. Use a wooden spoon to stir in chocolate chips. Place golf ball size balls of dough on baking sheets in rows of 3 across and 4 down – about 2 inches apart. Bake for 8-10 minutes or until BARELY DONE.
5. Store at room temperature wrapped in a clean cloth or in an airtight container.

Zucchini Pickles **VEG, GF, DF**

Here’s another fun one for you! One of our CSA members asked me the other day if you can pickle summer squash. I said no, that the results I’d ever had were disappointing. But then Betsy, one of our CSA volunteers, piped up and said, “yes you can! I do it every year!” She sent me the [recipe](#) she uses, and I’m willing to give it another try. You should too!

INGREDIENTS

- **1 pound zucchini/summer squash**
- 1 small yellow onion
- 2 tbsp salt, a little more if using kosher
- 2 cups apple cider vinegar
- 1 cup sugar
- 1 ½ tsp dry mustard
- 1 ½ tsp crushed yellow/brown mustard seeds
- 1 tsp ground turmeric



DIRECTIONS

1. Wash and trim the zucchini, then slice them lengthwise or crosswise into 1/16-inch-thick slices on a mandolin. Slice the onion very thinly as well. Combine the zucchini and onions in a large but shallow non-reactive bowl or casserole dish, add the salt, and toss to distribute. Add a few ice cubes and cold water to cover, then stir to dissolve the salt.
2. After about 1 hour, taste and feel a piece of zucchini—it should be slightly softened. Drain and pat dry.
3. Meanwhile, combine the vinegar, sugar, dry mustard, mustard seeds, and turmeric in a small saucepan and simmer for 3 minutes. Set aside until just warm to the touch. If the brine is too hot, it will cook the vegetables and make the pickles soft instead of crisp.
4. Transfer the zucchini and onion pieces to three two-cup canning vessels (or the equivalent) and pour over the cooled brine. Seal tightly and refrigerate for at least a day before serving to allow the flavors to mellow and permeate the zucchini. They'll last for a week in the fridge.

Tomato, Stone Fruit, and Cucumber Salad **VEG, GF, DF**

In our area, tomatoes and stone fruits like peaches and nectarines are often in season at the same time. AND they taste really good together. Coincidence? Well, maybe. But it's a happy one! Visit our friends at [Rock Hill Orchard](#) to pick some peaches this week, then try this deliciously easy summer salad. Adapted from [Simply Recipes](#).

INGREDIENTS

- 1.5 lbs combination of stone fruits: peaches, nectarines, plums, cherries
- 1 stalk celery
- **1 pint cherry tomatoes or 1 pound larger tomatoes**
- **1 medium thin-skinned cucumber**
- **½ to 1 jalapeño pepper, to taste**
- ½ teaspoon sea salt, plus more to taste
- ¼ teaspoon ground black pepper, plus more to taste
- 2 tablespoons olive oil, plus more to taste
- 1 teaspoon apple cider vinegar
- **2 tablespoons chopped fresh mint/chive/basil, or combo**



DIRECTIONS

1. De-pit and dice the stone fruits (leave de-pitted cherries whole, if using). Halve or dice the tomatoes. Dice the celery, cucumber and jalapeño.
2. Place all prepared vegetables and fruits in a large bowl. Season with salt and pepper, and gently combine. Set aside for 5-10 minutes so the salt can pull some of the juices from the fruit.
3. Drizzle in the oil and vinegar, sprinkle with herbs, and gently incorporate. Taste, and season with more salt and pepper if needed. Serve immediately.