

IN THE SHARE

“/” indicates a choice

- Garlic
- Chard/Beets
- Cherry Tomatoes
- Cucumbers
- Summer Choices

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,
Marigolds, Jasmine-
Scented Nicotiana

GREEN

Cilantro Flowers
Dill Flowers

ORANGE

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

PINK

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

BROWN

Verbena, Fennel,
Black-Eyed Susans,
Anise Hyssop

YELLOW

Sage
Lemon Balm
Yarrow

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

Farming Garlic with Care

One of our CSA volunteers recently came across an old Red Wiggler Farm cookbook at a used book store. From back when the farm was located on Peach Tree Road, some long-time CSA members might have the same cookbook on their own bookshelves! As I was reading through it, I was struck by this example of how work gets done at the farm, and how that work empowers our staff.

Red Wiggler is a community farm based on diversity. We recognize that our farm is more stable with a diversity of crops growing in the field. Likewise, the farm offers a broad variety of jobs for people with a range of abilities. Both people and plants thrive here because of our commitment to diversity... For instance, garlic has proven to be a crop with characteristics that offer a broad range of tasks and educational opportunities. Throughout its growing season, [volunteers] and growers participate on many levels. Chuck and Debby are particularly good at dividing the bulbs into cloves and planting it point side up. The garlic is next mulched with straw—a job both Jerry and Tyler excel at and enjoy. In early spring, Jerry and Tyler pull the mulch away as the green



shoots grow toward the sunlight. Lee then begins cultivating with a hand hoe every other week. By mid-May, the seed stalk appears, and all the growers help “pop their tops” [scapes], thus allowing the plant to use its energies to grow a big bulb. Garlic harvest, in mid-June, is a community event with many volunteers helping to pull the garlic out of the soil. The garlic plants are cured in an open, dry area in bunches of ten. During the heat of late July, August, and on rainy days, the growers clean and grade the dried bulbs... Through the hard work of each grower at Red Wiggler, we are becoming recognized as the farm that grows all that great garlic! For people with significant disabilities, this becomes a powerful milestone. Our growers are now identified for the fact that they grow great vegetables rather than being identified as the individual who is “different.”

A lot has changed here over the years, but this description still rings true. We do our best to match our growers' (and volunteers') capacities with the different jobs required to make the farm run, and by doing so, empower people to gain skills and confidence in themselves. By enjoying the first garlic bulbs of the season this week, you too are participating in a months-long process of caring, not only for the land and crops, but for the people doing the work.

PYO HIGHLIGHT: Jasmine-Scented Nicotiana



A close relative of tobacco, Jasmine-Scented Nicotiana is a night-blooming flower with an intoxicating fragrance. Native to Brazil and northeastern Argentina, this sturdy flower made its way to Europe and North America in the mid-1800s—Victorian gardeners would often plant a bed of nicotiana outside bedroom windows so that the lovely fragrance would waft in during the night. Though many of our PYO choices are day blooming, having a flower that is most active at night helps us gain benefits from night pollinators. But just because it is night-blooming doesn't mean you shouldn't pick it. Even when picked during the day, the blooms will open again in your vase at home (though the fragrance will dissipate after a day or two). They will also continue to bloom in the

vase—simply cut when about ½ the blooms on the stalk are open/opening, then pull off the spent flowers as they wither. I picked some to test them out, and still had beautiful blooms well over a week later!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Roasted Garlic Dip VEG, GF

Our famous garlic is finally here! To celebrate, try this creamy garlic dip, perfect for summer parties. Roasting the head of garlic mellows out the sharpness, leaving a sweet, rich flavor that accentuates any vegetable you dip in it.

INGREDIENTS

- **1 head of garlic**
- 1 tablespoon olive oil
- 8 ounces sour cream
- ½ cup mayonnaise
- **2 tablespoons assortment of chopped fresh herbs (chives, tarragon, basil, parsley, etc)**
- **1 tablespoon chopped fresh dill**
- Salt and pepper to taste
- Assorted vegetables or chips for dipping



DIRECTIONS

1. Preheat your oven to 400 degrees.
2. Using an 8 to 10 inch double thickness square of aluminum foil, place the unpeeled, intact cloves in the center and add the olive oil. Bring foil up around the bulbs and fold edges to seal.

3. Roast the garlic cloves for 15-30 minutes, depending on how intense you want the garlic flavor to be. The less time the garlic roasts, the more pungent it remains.
4. Remove from oven and allow to cool slightly. Carefully remove cloves from their papery skins and put into a mortar or food processor, along with any residual olive oil from the foil. Mash or blend the garlic to your desired consistency.
5. In a bowl, stir together the garlic, sour cream, mayonnaise, chopped herbs, and chopped dill. Season with salt and pepper. Serve with veggie sticks/slices, crackers or pita chips.

Asian Cucumber Salad **VEG, GF, DF**

It feels like this year's cucumber patch is making up for last year's failure! We've got lots of cukes, which means you get lots of them too! I love using cucumber rounds as a way to get hummus to my mouth. And we make lots of pickles every year too. But I also love all manner of cucumber salads. They're usually super easy, quick to throw together, and have a relatively short ingredient list. If this one from 2021 doesn't suit you, check out the [Recipe Index](#) for more inspiration.

INGREDIENTS

- **2 medium cucumbers, thinly sliced**
- Salt to taste
- 1/3 cup rice wine vinegar
- 1/2 teaspoon granulated sugar
- 2 teaspoons toasted sesame oil
- **2 tablespoons finely chopped cilantro**
- **3 tablespoons finely chopped chives**
- **1 clove garlic, minced**
- 1/8 teaspoon freshly grated ginger
- 1 tablespoon sesame seeds
- Crushed red pepper to taste



DIRECTIONS

1. Place the sliced cucumbers in a bowl and sprinkle with salt, to taste. Set aside.
2. In a small bowl, whisk together the rice wine vinegar, granulated sugar, sesame oil, cilantro, chives, garlic, and ginger. Drizzle the mixture over the cucumbers. Toss gently.
3. Sprinkle salad with sesame seeds and crushed red pepper, to taste. Serve immediately.