

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2024 Week 5
August 14 & 17

IN THE SHARE

- Potatoes/Carrots/Beets
- Garlic
- Cherry Tomatoes
- Cucumbers
- Summer Veggies

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

Coriander Seeds
Dill Seeds

ORANGE

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

PINK

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

BROWN

Verbena, Fennel,
Black-Eyed Susans,
Anise Hyssop

YELLOW

Sage
Lemon Balm

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

FARM NEWS

Every summer, we have a crop of college or high school students who spend their break working with us. Many of them are only here for 8 to 10 weeks, but even in that short time, they root themselves into the daily routine of the farm, and become an integral part of the season. Sadly, we must say goodbye to them over the next couple weeks as they head back to school. This year's apprentice cohort is a lovely, lively, hard-working group of young people whose strong backs and wide smiles will be sorely missed by all.



*Clockwise from left: Mac, Bella, Maggie, Saahas, Tyfani
Not pictured or interviewed: Alex*

favorite. This was quickly seconded by Tyfani, who is finishing up her second season with us, and Saahas (who also loves thinning seedlings). Transplanting is a favorite of our newest apprentice, Mac, who, much to our delight, is with us until January.

When the conversation turned to their least favorite task, the group was unusually silent. Perhaps no one wanted to be seen as not liking farm work? Finally, Bella and Tyfani piped up that they hated laying straw mulch because it's so itchy. Saahas, a rising senior at Poolesville High School, said his least favorite job was harvesting lettuce. This got a chorus of laughter as everyone reminisced about the sticky, snot-like white sap that lettuce gets as it prepares to bolt. If you aren't ready for it, it can be surprising!

You probably aren't interested in spending a summer on a vegetable farm if you don't like most vegetables, but everyone's got a favorite! Maggie loves cucumbers (she picked a good year!), Tyfani is a big fan of summer squash, Saahas digs our potatoes, Bella can't get enough tomatoes, and Mac loves okra! When I asked if we grew any veggies they hadn't had before, everyone responded almost in unison. Can you guess? Kohlrabi!

Finally, I asked what the apprentices will miss the most about their summer at Red Wiggler. Saahas, to votes of agreement from the rest, said the people. Maggie and Bella both expressed that they loved knowing they were participating in and contributing to a bigger cause. This was again met with unanimous agreement. But before anyone could get too sentimental, Mac got us all laughing by saying that all the other stuff is nice, but the best is driving the golf cart!

To give you some insight into their time on the farm, I asked the apprentices to share some of their summer memories. When asked what their favorite farm jobs were, Maggie, who is heading to college in Vermont this fall, enthusiastically said weeding carrots and sorting cherry tomatoes. Bella, a student at St. Mary's College, said hanging garlic was her

Food Waste Survey

Saahas Yaddula, one of our seasonal apprentices and a senior at Poolesville High School, is conducting research on household food waste for his senior project. He needs as many responses as possible from adults who eat food from our CSA, so he'd really appreciate your help in filling out his [survey](#). It should only take about 5 minutes. Thanks for helping Saahas out! Take the survey [here >>](#)

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Chunky Gazpacho VEG, GF, DF

Gazpacho is such a perfect soup for this time of year. It's savory and refreshing flavor reminds us of the joys of summer, even as the slightest tinge of fall creeps in. As the recipe stands, this gazpacho is chunky. But if you prefer a smooth soup, simply blend the whole thing until smooth.

INGREDIENTS

- **2 pounds ripe tomatoes**
- **1 medium cucumber, peeled and chopped**
- ½ red bell pepper, chopped
- ½ red onion, chopped
- **1 jalapeno, seeded and minced**
- **1 garlic clove, minced**
- ¼ cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons Worcestershire sauce
- ½ teaspoon toasted, ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- **Fresh basil or cilantro leaves, for garnish**



DIRECTIONS

1. Fill a large pot halfway full of water, set over high heat and bring to a boil.
2. Make an X with a paring knife on the bottom of the tomatoes. Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle, approximately 1 minute.
3. Remove and pat dry. Peel, core and seed the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl in order to catch the juice. Press the juice through until it equals at least a cup.
4. Place the tomatoes and juice into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine. Transfer 1½ cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine.
5. Cover and chill for 2 hours or up to overnight. Serve topped with chopped basil or cilantro leaves.