

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2024 Week 6
August 21 & 24

IN THE SHARE

- Radishes
- Sweet Potato Greens
- Garlic
- Cherry Tomatoes/Okra/
Shishito Peppers
- Summer Veg 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, Dill

GREEN

Coriander Seeds

ORANGE

Sorrel, French Thyme,
Gomphrena, Sunflowers,
Lamb's Ear, Orlaya,
Celosia, Cosmos, Dwarf
Tithonia, Snapdragons

PINK

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

BROWN

Verbena, Fennel Seeds,
Black-Eyed Susans,
Anise Hyssop

YELLOW

Sage
Lemon Balm

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

FARM NOTES

- We're done picking our first succession of cherry tomatoes, which means they are open for PYO picking. Head up the hill past the Pink and Orange PYO gardens to top of the hill. Look for the white Red Wiggler tent. A staff person will direct you from there.
- The cilantro in the Green PYO garden has gone to seed. Which means coriander! Fresh seed is so much more flavorful than what you get in stores. Collect some seeds now, and enjoy their bright, fresh burst of flavor throughout the fall and winter!

UPCOMING EVENTS

- This Saturday, August 24th, join our Executive Director, Woody Woodroof, for a [Field Tour](#). Bring your friends and family to learn more about Red Wiggler's history, programs, sustainability efforts, and more. Attendees can also come in the barn and purchase our organic produce. Meet at the Big Red Barn at 10 am. For more information and registration (not required but appreciated), please [click here for the event page](#).
- On Tuesday, September 3rd, we are hosting another volunteer opportunity with [Clarksburg CAN](#). Come help out with their monthly food distribution for families in our community who are trying to make ends meet. Volunteer hours are from 4:45 to 7:30pm at Greenridge Baptist Church in Boyds. Space is limited, so please register as soon as possible if you are interested in participating. For more information and registration, please [click here for the event page](#).
- It that time of year again: our annual [Harvest Celebration](#) is right around the corner! We hope you'll join us as we celebrate another successful season, and acknowledge the staff, volunteers and community that made it possible. This year's Harvest Celebration is on Saturday, September 14th from 4 to 7 pm. The \$60 ticket price (\$30 for youth) includes food, drinks, music, a farm tour, and of course, lots of fun! Advanced registration required. For more information and registration, please [click here for the event page](#).

PYO HIGHLIGHT: MARIGOLDS

By Clare Carrillo



Marigolds are known as *Tagetes*. They are native to Mexico. Marigolds can be grown in full sun and in average soil. The [most commonly] known marigold is *Tagetes erecta* which [is sometimes called] African marigold. The second [most commonly] known marigold is *Tagetes patula* and is a French marigold. Marigolds are long-flowering plants with single, semi-double, or double flowers that are often bi-colored. Seeds of marigolds can be sowed indoors for 6 weeks in advance of outdoor season, or directly outdoors when the weather warms up. I like the marigolds because they are very colorful. I also like them because I get to see them bloom in the outdoors. [Take some marigolds home this week! We have a variety of long and short-stemmed marigolds ready for picking in the Red PYO Garden.]

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Sweet Potato Stem Banchan **DF GF Veg**

Banchan is the Korean word for "side dish," but it's got a bit of a different meaning. It's more like accompaniments—lots of little vegetable dishes that accompany the main course, often meat. This banchan is the perfect way to give sweet potato stems a try.

INGREDIENTS

- **1 bunch sweet potato stems** (save leaves for another recipe)
- **1-2 cloves garlic, finely minced**
- **Small handful of chives, coarsely chopped**
- **1 hot pepper, thinly sliced (optional)**
- ½ onion, cut into thin strips
- 2 tbsp perilla or sesame oil
- 2 tbsp soy sauce (or GF tamari)
- Toasted sesame seeds



For a quick and easy visual guide, watch this short video from the Mini Yummy YouTube channel

DIRECTIONS

1. Blanch the sweet potato stems in salted, boiling water for 3 minutes. Immediately rinse with cold water to stop the cooking process.
2. Snap the stems in half or at the fat end and strip off the tough outer layer. This step takes some time but is worth it!
3. Chop peeled stems into bite-size lengths. In bowl, mix stems with oil, soy sauce, garlic, onions and pepper. Sauté mixture over medium-high heat for 5-7 minutes.
4. Serve hot or cold. Generously sprinkle toasted sesame seeds over the dish before serving.

Maple-Sauteed Sweet Potato Greens **DF GF Veg**

Here's how to use those sweet potato greens you saved from the banchan recipe! If you have a favorite way of cooking greens like collards or kale, you can use the same method for sweet potato greens. But here's a simple recipe from [Emma Frisch](#) if you need some inspiration!

INGREDIENTS

- 3 tablespoons olive oil
- **1-2 cloves garlic, coarsely chopped**
- **1 large bunch sweet potato greens**
- ¼ cup water
- 1 ½ tablespoons maple syrup
- 1 teaspoon red wine vinegar
- ½ teaspoon sea salt

DIRECTIONS

1. In a large skillet over medium-high heat, add the olive oil.
2. Once the oil is hot, add the garlic and sauté just until the edges begin to brown.



3. Add the greens with the water and cover the pan with a lid. Steam until the leaves start to wilt, about 2-3 minutes.
4. Stir in the maple syrup, red wine vinegar, and salt. Cover again.
5. When the greens are completely wilted, like spinach, remove them from the heat.
6. Serve warm, or cold the next day for a refreshing salad.

Recipes for Summer Fun!

We've got a lot of great choices for you in this week's CSA share. Check out these picks from the [CSA Recipe Index](#) to help you choose your veggies and inspire your cooking!

