

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2024 Week 7  
August 28 & 31

## IN THE SHARE

- Roots Choices
- Garlic
- Lots of 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, Dill

### **GREEN**

Coriander Seeds

### **ORANGE**

Sorrel, French Thyme,  
Gomphrena, Lamb's Ear,  
Orlaya, Celosia, Cosmos,  
Dwarf Tithonia, Snap-  
dragons, Roselle Leaves

### **PINK**

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

### **BROWN**

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

### **YELLOW**

Sage  
Lemon Balm

**Need help or ideas?  
Just ask a RWCF staff  
member or volunteer.  
We're here for you!**



## FARM NOTES

This is the last week of the Summer CSA. We hope you've enjoyed your time at the farm this summer. We have a nice big share full of your summer favorites, plus extras for sale, so you'll be able to stock up!

If this is the last we'll see of you this season, don't forget to say goodbye before you leave the farm. We will miss all of our summer folks! Please also return your compost bin and any books you borrowed.

If you're continuing into the Fall Session, your first pick-up will be on Wednesday, September 18<sup>th</sup> or Saturday, September 21<sup>st</sup>. There is no CSA during the weeks of September 2<sup>nd</sup> and September 9<sup>th</sup>. Fall CSA runs for 9 consecutive weeks. Mark your calendars and set your alarms so you don't miss a thing!

## JOIN US FOR HARVEST CELEBRATION!

On September 14<sup>th</sup>, we're having our annual [Harvest Celebration](#)! Every year, we gather to enjoy good food and drink, play games, listen to live music, and celebrate the amazing community that fuels our mission and vision (as well as grow all this tasty food!). It's a fun and delicious day of friendship. We'd love for you to join us this year! Tickets are [on sale](#) and going fast, so get yours today!



## PYO HIGHLIGHT: Italian Basil



There is lots of basil in the PYO, and the closer it gets to Fall, the more chance of the basil starting to fail. So now is the time to stock up, make some [pesto](#), and freeze it for later use. Making a big batch of pesto is no harder than making a small one, and it really does freeze beautifully. If you don't want to make pesto, but just want basil to use later in the season, try chopping it up and freezing it in water in ice cube trays. The flavor of basil doesn't stick around that well when dried, so freezing is the best way to retain the flavor.

# Recipes

**VEG- Vegetarian DF- Dairy Free GF- Gluten Free**

## Stuffed Eggplant **GF Veg**

*This is an adaptation of the Turkish dish, imam bayildi, from the [CSA Recipe Index](#). It was featured in a 2020 newsletter. Make sure you take the time to salt and drain the eggplant. By removing the extra moisture, your dish will be rich and creamy. If you're crunched for a chunk of time, the eggplant prep can be done up to three days in advance.*

### **INGREDIENTS**

- **1 -1 ½ lbs small eggplant**
- ¼ cup olive oil, plus more for brushing
- **~ 1 lb bell peppers, cut into ¼ inch strips**
- **1-2 cloves of garlic, chopped**
- 1 cup grated pecorino Romano or cheddar cheese
- ½ teaspoon crushed red pepper flakes
- 1 cup tomato sauce
- 2 tablespoons plus ½ teaspoon of salt
- 3 small yellow onions, thinly sliced
- 1 cup walnuts (4 ounces), chopped
- 1 tsp ground cumin
- **1 large tomato, cut into 6 slices**
- **Fresh parsley, chopped for garnish**



### **DIRECTIONS**

1. Slice the eggplants in half lengthwise, keeping the stem. Score the flesh lightly with a knife and generously season with 2 tablespoons of salt. Let them drain in a colander set over a bowl for 30 minutes to an hour. Rinse with cold water and pat dry.
2. Preheat oven to 400° F with a rack in the middle. Place eggplant cut-side up on a baking sheet. Brush with olive oil on both sides. Bake until eggplants are golden, about 20 minutes.
3. In a deep skillet over medium heat, warm the ¼ cup of olive oil until shimmering. Add the onions and the remaining ¼ teaspoon of salt and cook, stirring frequently, until soft, about 8-10 minutes. Add the bell peppers and cook until soft. Stir in the garlic, cook for one minute, then remove from heat. Stir in the walnuts, cheese, cumin, and red pepper flakes. Add more salt and red pepper flakes to taste.
4. Choose a baking dish that will hold the eggplant snugly. Brush the dish with oil and line with tomato slices. Place the eggplants on the tomatoes, skin side down. Using a spoon press the eggplant's softened flesh to create indentations for the stuffing. Fill each eggplant half with the onion-pepper mixture and top with 1-2 tablespoons of the tomato sauce. Push any extra stuffing into the gaps between the eggplants, and pour any remaining sauce around them.
5. Bake until bubbling and browned on the top, 30-40 minutes. Let cool for a few minutes, then serve with a garnish of chopped parsley.