

# The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 1  
May 21 & 24

## IN THE SHARE

“ / ” indicates a choice

- Kale
- Hakurei Turnips
- Spring Onions
- Lettuce

## PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

### RED

Lovage  
Oregano  
Chives  
Tarragon  
Marigolds

### ORANGE

Nigella  
Orlaya  
Lamb's Ear  
Sorrel

### PINK

Bachelor Buttons  
Arugula  
Paintbrush Violas

### YELLOW

Sage (leaves & flowers)  
Lemon Balm  
Yarrow

### BROWN

Fennel

## NEED HELP?

Just ask any RWCF staff or volunteer.  
We're here for you!



Welcome to Red Wiggler's Spring CSA! We are thrilled to welcome so many old friends—and a few new faces—back to the farm for another season. At your first pick up, grab your compost bin and get the lowdown on the program from one of our staff. Though we don't offer composting all year, it's a great way to try it out and see if it's right for you. Once you see how much less garbage you have each week, we suspect you'll be hooked! Also take a stroll past our lending library at the back of the barn to find your next read. We've got all kinds of great titles on a range of topics related to food and farming. Finally, make sure you schedule some time to gather flowers and herbs—and a little peace and quiet—in the PYO!

### Oh, Hail No!

After the wild weirdness of last spring, we'd been feeling pretty darn good this year. The painful memories of last year's greenhouse issues had been replaced by visions of gorgeous, robust seedlings. The weather was dry but manageable, and our early spring crops like onions and lettuce looked happy and healthy in the fields. And then came...cue the suspenseful music...the surprise hail storm! Here is a dramatic reenactment of our faces surveying the damage: 🤖🤖🤖



BRUISED ONIONS  
(THE WHITISH)



TORN AND BROKEN  
LETTUCE LEAVES



HOLES IN ROW  
COVER OVER OUR

But never fear, farmers are nothing if not perpetual optimists! And luckily, it takes a lot of hail to kill plants. So, we turned our frowns upside down and got back to work! The lettuce bounced back and outgrew most of its damage. The onions, as you'll see in your share, got a hit with a double whammy of hail AND allium leaf miner (more on that pest next week) and did not fully recover. They have some wonky shoots and residual bruising, but I promise they still taste delicious! It's amazing how much trouble tiny ice balls falling from the sky can create. It's also amazing how plants just continue to grow through all kinds of adversity. But from now on, sky gods, I'll take my water in drop form, please!

## NOTES ON THE PYO

- **Mini Flowers:** in addition to farmers, hail (and drought) stresses plants out too. And when flowering plants are stressed, they accelerate their life cycle and flower early. Cue the mini marigolds and mini violas (and bonus hensbit—a very cute flowering weed) available this week. Break out the tiny bud vases, or try a beautiful [floating bouquet](#).
- **Orlaya:** these delicate white blooms aren't going to last, so pick away! They're long-lasting in a vase, or would work really well in the aforementioned floating bouquets.
- **Arugula:** with all the other stuff going on at the farm, the weeds in the PYO arugula patch got away from us. We admit, it's not pretty—but it is tasty. If you love arugula, it's worth the picking time.
- **Sorrel:** if you haven't tried sorrel before, do yourself a favor and nibble a leaf this week. You'll be surprised at the tart, lemony flavor. Just a few shredded leaves brighten up all sorts of dishes.
- **Sage:** We trimmed back half of our huge sage patch recently, but left half because it was about to flower. The purple flowers are gorgeous and will be gone soon, so help yourself! Pollinators love the flowers, though, so watch out for bees!



Field Tours are always free for CSA members and their guests. We hope you'll [join us](#)!

# Recipes

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

## **Green Goddess Dressing/Marinade GF Veg**

*I admit, I promoted this recipe last season too, but it's just so easy and delicious! AND one of the most versatile ways to use herbs from the PYO. The great thing about this recipe is that you just add a few fistfuls of whatever herbs are in season, all season long. We always have a jar of this in the fridge at home—the flavors change throughout the year (we use frozen or dried herbs in the winter), but it's always tasty, versatile, and satisfying. We use it as salad dressing, of course, but also as a dip or sauce for fish or poultry (ask me about green chicken!). Makes about 1 ½ cups.*

### **INGREDIENTS**

- 1 generous cup Greek yogurt (preferably full-fat)
- **Small handfuls of any or all: tarragon, parsley, chives, fennel, thyme, oregano, sorrel, and green onion. To equal about 1 cup chopped herbs.**
- 1-2 cloves garlic, roughly chopped
- Salt and pepper to taste
- Water or milk, if needed for thinning



### **DIRECTIONS**

1. Place all ingredients in a food processor and blend until smooth and green, with little flecks of herbs in it.
2. Add salt and pepper as desired.
3. Add small amounts of water or milk if you want a thinner dressing, until desired consistency is reached.

## **Lovage Simple Syrup GF DF Veg**

*Last season, one of our workshare volunteers brought some lovage simple syrup for me to try. I fancy myself open to just about any food, but I was skeptical. Simple syrup is sweet. Lovage is not. It was a hot day, and that lovage syrup mixed with cold fizzy water and lime was the definition of refreshing! Off the clock, I'll add some gin or vodka too!*

### **INGREDIENTS**

- **2 cups chopped lovage leaves and stalks**
- 1 cup sugar
- 1 cup water

### **DIRECTIONS**

1. Place chopped lovage in a heat-proof glass bowl. In a small saucepan over medium-high heat, bring the water and sugar to a boil then lower the heat to low and stir constantly until the mixture is clear and sugar is completely dissolved.
2. Pour the mixture over the lovage and stir. Let the syrup cool to room temperature, then strain out the lovage and pour into a glass jar or bottle with a tight seal. Store in the refrigerator for up to a month. For a stronger syrup, let the lovage infuse overnight in the refrigerator then strain and bottle the syrup.