

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 2
May 28 & 31

IN THE SHARE

“ / ” indicates a choice

- Greens Choices
- Spring Onions
- Lettuce
- Roots Choices

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!

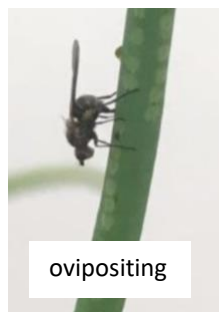
UPCOMING EVENTS

The first [Field Tour](#) of the season is coming up in a couple of weeks, on June 14th at 10am. Field Tours are always free for CSA members and their guests, so it's a great way to introduce your family and friends to the farm, and learn more about our programs and sustainability practices. [Registration](#) is encouraged.

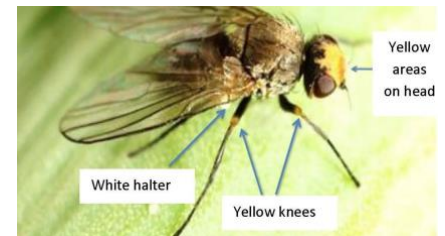
Join us for a morning of flowers and crafts at our upcoming [Flower Harvesting and Sun Prints Workshop](#)! On Saturday, June 28th from 9:30 to 11:30 am, local flower farmer, Morgan Patterson, will be here to walk us through best practices of flower harvesting and post-harvest handling, as well as teach us how to make sun prints using natural materials. Workshop is \$25 and [registration](#) is required.

FARM NEWS

This week, we're highlighting an invasive pest that has become rampant since it made its debut in the Mid-Atlantic about 10 years ago: the allium leafminer. As its name suggests, the allium leafminer is a very specialized pest, eating and reproducing only on alliums (the genus of onions, garlic and leeks). The annual battle with this voracious pest starts in early spring,



when the overwintered pupae wake up and quickly turn into tiny, tiny flies (1/10 of an inch!). Of course, this is also when we want to plant our little baby onions! So we cover the plants with fine netting to stop the flies from laying their eggs on the plant leaves (called ovipositing). This can suffice for a minor infestation, but a major one often requires spraying an insecticide. We use an organic spray called Entrust, which is actually a concentrated form of the naturally occurring soil bacterium, spinosad. It is deadly to the leafminer, but safe for humans. Unfortunately, the infestation this year was so bad that, despite our best efforts, the flies were able to lay lots of eggs, which turned into squiggly little larvae, which damaged lots of onions. We have been able to harvest enough decent onions for our CSA shares, but this prolific pest is becoming more and more of a problem every year, not only for us, but for many farmers up and down the East Coast. State extension services and universities are working on solutions, including introducing other species that are predators of the allium leaf miner. Whether it be mechanical (row covers), chemical (sprays) or biological (introducing predators), mid-Atlantic farmers like us are crossing our fingers for more effective solutions as soon as possible!



Larvae (clearish) and pupae (brown) feeding on onion

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Spring Onion Pakoras **VEG, DF, GF (with modifications)**

I love pakoras, and usually order them anytime I go out for Indian food. Little fried balls of veggies and batter, dipped in mint and tamarind sauce? You just can't go wrong! But it has never occurred to me to make them at home. Until this [video from Yummy](#) made it seem so easy, and delicious!

INGREDIENTS

- 1 cup chopped spring onions
- 1 cup all-purpose flour
- Salt to taste
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- Water as needed
- Frying oil



DIRECTIONS

1. Wash, trim, and chop spring onions into 1/4" pieces. Place into a small bowl.
2. Add all spices, and salt to taste. Mix well.
3. Add water gradually, mixing as you go, until the mixture forms a thick paste that holds together.
4. Place 1/2" frying oil in a medium frying pan and heat over medium-high heat until shimmering (350-375 degrees F). Adjust temperature as needed to keep oil hot but not smoking.
5. Drop small spoonfuls of the green onion mixture into the hot oil, frying for 1-2 minutes on one side, then flipping to the other side. Fry until both sides are golden brown.
6. Remove from oil and drain on paper towels. Serve hot with dipping sauce of your choice.

Miso & Ginger Roasted Turnips **VEG, DF, GF**

Dipping into the trusty [recipe archive](#) for a tasty turnip recipe from 2019!

INGREDIENTS

- 2 lbs turnips
- 2 tbsp white miso paste, divided
- 2 tsp olive oil (or melted butter)
- 1 tablespoon freshly minced ginger
- Coarse sea salt, to taste
- Freshly ground pepper, to taste

DIRECTIONS

- Preheat oven to 400 degrees. Wash, trim and chop turnips into 1/2" cubes.
- Whisk together miso, ginger, and oil. Toss turnips in mixture until coated
- Spread on sheet pan and bake for 20-25 minutes, stirring halfway through
- When tender and golden at edges, remove from oven and sprinkle with salt and pepper