

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 3
June 4 & 7

IN THE SHARE

“ / ” indicates a choice

- Spring Onions/Scapes
- Lettuce
- Kohlrabi/Turnips
- Greens Choices

PICK-YOUR-OWN

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

RED

Lovage
Oregano
Chives
Tarragon
Marigolds
Cilantro
Lavender

ORANGE

Lamb's Ear
Sorrel
Nigella
Parsley
Orlaya
Chamomile
Snapdragons

PINK

Bachelor Buttons
Arugula
Zinnias

BROWN

Fennel

YELLOW

Sage
Lemon Balm
Yarrow

UP THE HILL

Snap Peas, Snow Peas

NEED HELP? JUST ASK!



field tour
at red wiggler farm
saturday, june 14th
at 10am



Flower Harvesting Tips
& Sun Print Making
with Morgan Patterson
Saturday, June 28th
9:30-11:30am

FARM NEWS

Summer is here, and so is mosquito season! I'm pretty popular with those little buggers, so I am always interested in ways to fight them off. Though I sometimes resort to chemical repellents when hiking or camping (especially when ticks are a concern), I prefer not to use them when I am just, say, eating dinner on the deck. Then, I usually use citronella candles and essential oils like lemon, eucalyptus, or geranium. But what if I could stop the mosquitoes before they could even bite? And what if I could do that without toxic fogs and chemicals that kill beneficial insects too? That's the strategy heralded by the organization [Homegrown National Park](#) during their [Mosquito Bucket Challenge](#).

The buzzing bloodsuckers we call mosquitoes get their start as eggs laid in stagnant water. Those little eggs hatch into larvae, which sprout wings, and fly straight to a fresh patch of skin to feed (the females, anyway).

Mosquito Buckets, which you can easily make at home, provide an irresistible place for mosquitoes to lay their eggs—standing, funky water. Then, once the eggs hatch,



you kill the larvae by treating the water with *Bacillus thuringiensis israelensis* (in the form of a widely available product called Mosquito Dunks), a natural soil bacterium that is safe for humans, pets and pollinators. One of our staff members, Andrea, places several Mosquito Buckets around her property early in the season, and she says if she is diligent about not letting standing water accumulate anywhere except the buckets, she notices a drastic reduction in mosquitoes.

Are you up for the Mosquito Bucket Challenge? Click [here](#) to see step-by-step instructions or watch a video on how to make your own Mosquito Buckets at home. Or [here](#) to see how to make cute, almost decorative “mini-buckets.” Either way, we hope you'll opt for natural methods of pest control like these this summer—saving pollinators from chemicals while saving your skin from bites!



Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kohlrabi & Turnip Bistro Salad **VEG GF DF**

This hearty but refreshing salad gets its inspiration from the classic French bistro salad of frisee and poached egg. Instead of frisee, it uses the gorgeous lettuce from this week's share. The fresh kohlrabi and turnips add crunch and texture, while the classic poached egg and (optional) bacon crumbles elevate it from a side salad to a simple but elegantly complete meal. Serves 4.

~adapted from thekitchn.com

INGREDIENTS

- Splash white vinegar
- 4 large eggs
- 2 tablespoons cider vinegar
- **1 tablespoon minced spring onion**
- 1 ½ teaspoon Dijon mustard
- ¼ cup extra-virgin olive oil
- **2 teaspoons finely chopped fresh tarragon**
- ½ teaspoon salt
- Freshly ground pepper to taste
- **3 cups peeled and julienne-cut kohlrabi**
- **3 cups julienne-cut turnips**
- **1-2 heads of lettuce, cut into bite-sized pieces**
- 4 strips thick-cut bacon, cooked and crumbled (optional)



DIRECTIONS

1. Bring several inches of water plus a splash of white vinegar to a boil over high heat in a wide sauté pan or deep skillet. Crack eggs one at a time into a small ramekin and then slide into the water. Keep an eye on the boil/simmer of the water. The temperature of the water should drop from the cold eggs. When it comes back up to a simmer, reduce the heat to maintain a very gentle simmer. If the water is boiling, reduce heat. Cook eggs for 4 minutes for runny yolks. Remove from the water with a slotted spoon to a plate lined with a clean towel.
2. Meanwhile, whisk cider vinegar, shallot, and Dijon in a large salad bowl. Whisk in oil, tarragon, salt, and pepper. Add kohlrabi, turnip, and lettuce and toss to coat. Divide salad among four dinner plates. Top each salad with the hot poached egg and crumbled bacon (if desired).

Lavender Sugar **VEG GF DF**

This super easy DIY project is delicious to use in your own kitchen—sprinkle on yogurt and berries, add to whipped cream, sweeten tea or other drinks, use in baking—anywhere you would use sugar but wouldn't mind an additional hint of lavender flavor too! Find a neat jar, and this also makes a fun gift!

- 2 cups high-quality sugar
- 3 tablespoons fresh lavender flowers

Pour a couple of tablespoons of sugar and all of the lavender into a clean (and dry!) coffee grinder, and grind until very fine. You can use a food processor instead, just add a bit more sugar because of the larger bowl. Thoroughly mix the ground lavender in with the rest of the sugar and store in an airtight container. Using fresh lavender means you might have to break clumps (that form because of moisture) up if you keep this for several weeks/months, but you'll get a more intense lavender flavor. To dry lavender first, hang stalks upside down in a cool, dark place for a week before using.