The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 4
June 11 & 14

IN THE SHARE

" / " indicates a choice

- Lettuce
- Onions/Scapes
- Greens Choice
- Radishes
- Kohlrabi

PICK-YOUR-OWN

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

RED
Lovage
Oregano
Chives
Tarragon
Marigolds
Cilantro
Lavender
Dill

ORANGE
Lamb's Ear
Sorrel
Nigella
Parsley
Orlaya
Chamomile
Snapdragons

PINK
Bachelor Buttons
Arugula Flowers
Zinnias

BROWN
Fennel

YELLOW
Sage
Lemon Balm
Yarrow

UP THE HILL

Snap Peas, Snow Peas
LAST WEEK!
GET 'EM WHILE YOU CAN!

FIELD NEWS

On our Field Walk this week, I asked the crew to show me which team they were on, Team Snap Pea or Team Snow Pea. As with so many things in life, we quickly discovered that this was not a clear either/or answer. As everyone assembled for the photo, we realized that we had ourselves a spectrum! Yes, some people really love snap peas, and some people really love snow peas, but once we had a couple of people plant themselves in the middle, many folks started adjusting to where they felt they fit on the line. Really love snap peas, but won't kick a snow pea out of your salad? Take a step or two to the right! Prefer a snow pea stir fry, but will happily munch on some snaps in the field? Move a little to the left!

No matter where you place yourself on the Pea Spectrum, we've got you covered this week. Both snap and snow peas are at their height right now. And with peas, the height is usually followed fairly quickly by the end! So this is the best—and probably the last—week to satisfy all your pea cravings, whatever they may be.

PYO HIGHLIGHT: Snapdragons

There are some beautiful flowers out in the PYO right now—bachelor buttons, orlaya, zinnias, lavender… But, in my opinion, the most exciting are snapdragons. They are whimsical, colorful, and long-lasting. They are also a historically important plant—used in the earliest genetic studies of Mendel and Darwin. Still today, they are considered a model organism for the study of plant genetics and development. Snapdragons are a cool-weather perennial, so we get a flush of them in the spring and another flush in the fall. The spring flush is in full swing, so add a couple of stems to your bouquet this week, before the weather gets too hot!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Butter Lemon Scape Sprinkle VEG, GF, DF (with modifications)

A few people asked me last week what to do with scapes. I mentioned scape pesto, of course, but also this fun little recipe that a former staff member made up a couple of years ago. You can make this topping with your whole batch of scapes, then sprinkle it on meals all week. I suspect it would even freeze well, so you could make a bunch, freeze it, then enjoy the taste of spring scapes well into the rest of the season!

DIRECTIONS

1. For each **bunch of scapes** (~1/3 lb), use 1 tsp avocado (or other vegetable oil) and 1 tbsp butter. Wash and chop the scapes, trim off the flower end, and chop into ¼ to ½ inch pieces.
2. Melt the oil and butter in a wide pan over medium-high heat. Once hot, add the scapes and sauté for 2- 3 minutes, or until slightly caramelized, stirring constantly. Reduce heat to medium-low, and sauté for another 5-10 minutes, depending on how soft you'd like them to be.
3. Once they reach desired softness, remove from heat, sprinkle with your favorite flaky salt, and top with a generous squeeze of lemon. Use immediately, or refrigerate and use within a week.

Garlic Scapes, Bacon, Soy Sauce—That's the Recipe DF, GF (with modifications)

As I was thinking about what else you could do with scapes besides the pesto and the sprinkle, I came across this intriguing post from Serena Dai at Bon Apetit. Bacon is basically a cheat code for tastiness. Soy sauce and garlic are no slouches in the flavor department either, so there's really no way for this not to be good!

DIRECTIONS

1. Roughly chop 2-3 slices of thick-cut bacon. Add the pieces to a pan over medium to medium-high heat. Let it cook, flipping halfway through, until the bacon is browned and has rendered its fat. There should be enough for the garlic scapes to sizzle in; if the pan looks dry, add a little neutral oil.
2. Throw in a **bunch of garlic scapes, chopped into roughly 2" pieces**. Stir-fry for 3–4 minutes, until the scapes are tender but still with a good crunch.
3. Add a splash of soy sauce or tamari, then remove from heat. Transfer to a plate and eat hot.