

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 5
June 18 & 21

IN THE SHARE

“ / ” indicates a choice

- Garlic Scapes/Spring Onions
- Lettuce
- Greens Choice
- Radishes/Turnips/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
Sunflowers

BROWN

Fennel

YELLOW

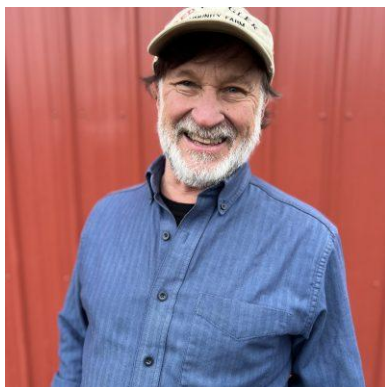
Sage
Lemon Balm
Yarrow

NEED HELP?

Just ask any RWCF staff or volunteer!

FARM NEWS

As a CSA member, and an integral part of our community, we want to share an update with you ahead of a larger announcement going out later this week.



Woody Woodroof, who founded Red Wiggler Care Farm in 1996, is transitioning from his role as Executive Director to a new role as Founder. While he's stepping back from daily operations, he'll remain actively involved in the farm's mission and long-term vision.

Stepping into the role of Executive Director is Kara McCall. Kara has been part of the Red Wiggler community for over 15 years, wearing many hats, both on and off the farm. Long-time CSA members

might even remember her time as the CSA Coordinator from 2011 to 2015.

Though she has not been on-farm for several seasons, her contribution to the success of Red Wiggler through consulting and grant writing has been ongoing. Kara brings to her new role a deep experience, and passion for our values of inclusion, sustainability, and community.



Keep an eye out for an organization newsletter later this week that will include more information about this transition. And keep an eye out for Kara and Woody at CSA pick-ups—they would love to say hello to old friends and meet new members!

ICYMI—PYO EDITION

"In case you missed it," there are lots of wonderful herbs and flowers in the PYO this week. Instead of highlighting just one, I thought I'd give you a rundown of some of my current favorites, and/or soon to be gone.

--**Bachelor Buttons:** these little beauties often peter out in early summer if you don't keep on top of deadheading (which we usually can't). If you help by harvesting lots of long stalks, maybe they'll stick around a little longer!

--**Yarrow:** from white to pink to yellow, all shades are perfect right now.

--**Cilantro:** picking lots will help it grow more, and delay bolting a little bit longer. As it gets hot again, it will bolt quickly if not harvested, so get some!

--**Parsley:** now is the time for tabbouleh! Or try the yummy salad recipe below.

--**Snapdragons:** their spring flush won't last for much longer, so this week is a good time to pick a couple for your bouquets.

--**Sunflowers:** don't worry, you didn't miss them. They're just now starting to bloom! Please be mindful of others and take only 1-2 blooms.

Spanakopita Salad **VEG, GF**

One of our CSA workshare volunteers, Betsy, came in the other week raving about this delicious recipe. I have adapted it to better fit our share offerings, but you can find the original [here](#). It uses a lot of veggies and herbs that are at their peak right now. And it sounds much easier to make—and healthier to eat—than traditional spanakopita! Give it a try and let us know what you think!

INGREDIENTS

- ½ cup walnuts
- 1 clove garlic or **2 garlic scapes**
- 1 tablespoon red wine vinegar
- ½ teaspoon honey
- **1 teaspoon fresh oregano, finely chopped**
- ¼ teaspoon kosher salt, plus more to taste
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- **1 bunch kale or collard greens**
- **2 green onions**
- ¼ cup fresh parsley leaves
- ½ cup fresh dill fronds
- ¼ cup fresh mint leaves
- 4 to 6 ounces feta cheese



DIRECTIONS

1. Arrange a rack in the middle of the oven and heat the oven to 300°F. Place walnuts on a baking sheet. Bake until fragrant and golden brown, about 20 minutes. Set aside to cool.
2. Meanwhile, finely mince garlic or scapes into a large bowl. Add red wine vinegar, honey, oregano, kosher salt, and several grinds of freshly ground black pepper. Whisk to combine. While whisking constantly, slowly pour in extra-virgin olive oil and whisk until combined.
3. Strip the leaves from 1 bunch of kale or collards; discard the stems. Stack the leaves and roll them up into a tight coil; cut crosswise into ¼ inch-wide ribbons. Add to the dressing and toss thoroughly with your hands to coat, massaging the dressing into the kale for about 30 seconds; let sit to absorb the dressing while you prepare the remaining ingredients.
4. Prepare the following, adding each to the salad as you complete it: Thinly slice green onions; finely chop the parsley, dill and mint; coarsely chop the walnuts; cut 4 to 6 ounces feta cheese into ¼ inch-thick slabs.
5. Toss with your hands to combine, letting the feta pieces crumble as you toss. Taste and season with more kosher salt or black pepper as needed. Let sit for at least 10 minutes to 1 hour before serving, as this salad will get more flavorful as it sits.