

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2025 Week 6
June 25 & 28

IN THE SHARE

- Spring Onions/Scapes
- Roots Choices
- Chard
- Lettuce
- And more!

PICK-YOUR-OWN

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

RED

Lovage, Oregano,
Chives, Tarragon,
Marigolds, Cilantro,
Lavender, Dill, Bee
Balm, Nicotiana, Shiso

ORANGE

Lamb's Ear, Sorrel,
Nigella, Parsley, Orlaya,
Chamomile,
Snapdragons, Calendula,
Basil

PINK

Bachelor Buttons,
Arugula Flowers,
Zinnias, Sunflowers

BROWN

Early Sunflowers, Fennel

YELLOW

Sage, Lemon Balm,
Yarrow, Bee Balm

NEED HELP?

Just ask any RWCF staff
or volunteer!

ANNOUNCEMENTS

This is the **final week** of the Spring CSA session. Then there are 2 weeks off before the Summer session starts. If you are continuing into the Summer session, your **first pick-up is on Wednesday, July 16th or Saturday, July 19th**. We hope you have a wonderful Fourth of July weekend!

If you borrowed a book from our lending library and you are not in the Summer CSA, please return it this week, and cross your name off the list.

If you are continuing into the Summer session, you may come by to dump your compost during the break. **Open hours are Monday through Friday, 9am to 3pm.** There will be a bucket next to the bins with liners instead; please firmly close the bucket after opening.

The farm will be closed on Thursday, July 3rd and Friday, July 4th. The PYO gardens are not open during the break. Thank you for driving slowly and carefully when coming by the farm.

If you are skipping Summer but coming back for Fall, you can keep your compost bucket/bin until then. [Here are some options](#) for composting through the summer. If you are not coming back at all this year, please clean your bucket/bin and return it to us at your last pick up.

PYO HIGHLIGHTS

—Herbs, herbs, herbs! There are so many great herbs growing right now! Since this is the last week of Spring CSA, spend a little extra time harvesting lots of herbs, and use your favorite method for preserving them. [Drying](#) is easy, especially if you have a dehydrator. But, I find that [freezing](#) retains the best flavor, color, and nutrition. You can also make herb-infused [oils](#) and [vinegars](#) with herbs. Poured into fun glass jars, these easy condiments make great gifts—or be selfish and use them in your own kitchen! Click on any of the links above to learn more about each process.

—Flowers, flowers, flowers! The rain last week into heat this week have caused all the flowers to pop! From spring staples like bachelor buttons, snapdragons and yarrow, to newcomers like sunflowers and bee balm, there are loads of flower options right now. Looking for something different in your bouquet this week? Try a few arugula flower stalks, with their bright green seed pods. Or an alien-looking nigella pod. Or even a nubbly sorrel stalk. Wander through the gardens with an open mind, and see where your creativity takes you!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Buttered Parsley Potatoes **VEG, GF, DF (with modifications)**

We have lots of parsley! It looks gorgeous! Pick a lot of it! Try this [tabbouleh recipe](#) from 2022, this [chimichurri recipe](#) from 2020, or the recipe below. Hmm, where might one find a quart of new potatoes?

INGREDIENTS

- **1 quart “new” potatoes, cleaned and quartered**
- 1 tsp salt, plus more to taste
- 2-3 tbsp butter, or ghee
- **¼ cup chopped parsley**
- Freshly ground black pepper

DIRECTIONS

1. Cook the potatoes in a medium saucepan with cold water and salt until the potatoes are fork-tender, about 15-20 minutes.
2. Drain, then add the potatoes back to the pan and add butter or ghee, and parsley. Season with salt and pepper to taste.
3. Give the potatoes a vigorous stir with a wooden spoon, or shake the pan with the lid on to break the potatoes up a bit.
4. Let sit on warm (not on) burner for a few minutes before serving.



Make Your Own Ranch Dressing **VEG, GF**

I will admit, there is something magical about Ranch Dressing. We bought some recently for a family party, and for the week or so that it was around, my children's vegetable consumption increased dramatically. I may not be able to outdo the flavor chemists in the Hidden Valley, but I think this version is pretty darn tasty. With all the herbs available in the PYO this week, now is the time to work your own flavor magic!

INGREDIENTS

- 2 cups plain yogurt
- ½ cup mayonnaise
- **3 tbsp finely chopped fresh dill**
- **3 tbsp finely chopped fresh parsley**
- **2 tbsp finely chopped chives**
- **1 garlic scape, finely chopped**
- **2 green onions, finely chopped**
- Lemon juice, to taste
- Salt and pepper, to taste

DIRECTIONS

Measure the yogurt and mayonnaise into a medium bowl. Mix in chopped herbs, onions, and garlic scapes and stir until everything is well distributed. Add salt, pepper, and lemon juice to taste. Mix again and chill for at least one hour before serving (overnight is even better). Serve next to cut veggies and/or pita chips, and garnish with additional chives.