

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2025 Week 1
July 16 & 19

IN THE SHARE

“ / ” indicates a choice

- Potatoes
- Turnips/Kohlrabi
- Chard
- Beets/Carrots
- Garlic Scapes

PICK-YOUR-OWN

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

RED

Nicotiana, Marigolds,
Cilantro Flowers &
Green Coriander, Dill
Flowers, Lovage,
Oregano, Chives, Shiso,
Russian Sage, Tarragon,
Peppermint, Spearmint,
Lavender, Bee Balm,
Blanket Flower

ORANGE

Lamb's Ear, Calendula,
Pincushions, Parsley,
Snapdragons, Tithonia,
Lemon Basil, Thai Basil,
Holy Basil, Italian Basil

PINK

Zinnias, Cilantro,
SUNFLOWERS!

BROWN

Rudbeckia, Fennel
Flowers & Seeds, Anise
Hyssop, Coreopsis, Early
Sunflower

YELLOW

Sage, Lemon Balm,
Yarrow, Bee Balm

**Need help? Just ask a
RWCF staff member or
volunteer!**



Welcome to Red Wiggler's Summer CSA! We are thrilled to welcome so many old friends—and some new faces—back to the farm for another season. At your first pick up, grab your compost bin and get the lowdown on the program from one of our staff. Though we don't offer composting all year, it's a great way to try it out and see if it's right for you. Once you see how much less garbage you have each week, we suspect you'll be hooked! Also take a stroll past our lending library at the back of the barn to find your next read. We've got all kinds of great titles on a range of topics related to food and farming. Finally, make sure you give yourself some time each week to gather flowers, herbs—and a little peace and quiet—in the PYO!

UPCOMING EVENTS

The annual [Montgomery County Farm Tour](#) is coming up next weekend, July 26th and 27th. This is a wonderful opportunity to explore our county's rich agricultural offerings. From vegetable farms like ours, to orchards, ranches, dairies, wineries and breweries, there is something for everyone. Many locations have food, music and other attractions throughout the day. **We will be open from 12-4 on Saturday only**, with tours, a produce market, and live music from [The Dave Zelonka Band](#). Find more info on the [Farm Tour website](#), download the county's [Adventure Planner app](#), or pick up a brochure at CSA this week.

Join us for a morning of flowers picking and arranging at our upcoming [Flower Harvesting and Bouquet Making](#) workshop. On **Saturday, August 2nd from 9:30 to 11:30 am**, Frederick County 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 techniques to arrange beautiful bouquets all season long. Workshop is free, but space is limited and [registration](#) is required.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Not sure what to cook this week? Tired of your tried and true recipes?

Try our CSA Recipe Index!

Browse by main veggie ingredient, then click through to past newsletters to get the recipes. You're sure to find something new that'll become your next tried and true!

Raw Beet Salad **VEG, GF, DF**

If you don't feel like turning on the oven this week, try this adaptation of [Mark Bittman's](#) refreshing salad using the season's first beets. This recipe is for the beet lovers and skeptics alike—so simple, yet so delicious! Use high quality olive oil and vinegar for best results. Serves 4.

INGREDIENTS

- **1 bunch beets**
- 1 large shallot
- 3 tsp Dijon mustard
- 1.5 tbsp olive oil
- 3 tbsp sherry or wine vinegar
- Salt and freshly ground pepper, to taste
- **Minced herbs, to taste (dill, tarragon, mint)**

DIRECTIONS

1. Wash beets and greens. Peel the beets and chop stems off greens. Finely chop greens, and grate beets into a bowl.
2. Peel and mince shallot. Add to beets and greens.
3. Add mustard, oil, vinegar, salt and pepper. Mix well. Taste and adjust as needed. Toss in your desired herbs. If possible, let the mixture sit for at least one hour before serving so flavors meld.
4. To make a heartier/larger salad, double the dressing recipe and add finely chopped chard leaves.



Craig Lee for The New York Times



**TOUR AREA FARMS
LEARN ABOUT LOCAL AGRICULTURE
TASTE WHAT'S IN SEASON
MOCO FARM TOUR, JULY 26-27**
**RWCF OPEN FROM 12-4 ON 7/26 ONLY