

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2025 Week 2
July 23 & 26

IN THE SHARE

“ / ” indicates a choice

- Potatoes
- Cucumbers/Squash
- Summer Veggie Choices
- And more!

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, Dill, 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!



Join us this Saturday for the annual [Montgomery County Farm Tour](#)! This Saturday and Sunday, farms across the county will be open for tours, tastings, food, music, and other events. **Red Wiggler Care Farm will be open on Saturday only, from 12-4pm.** We will have tours, music, and a produce market.



Join us for a morning of flower 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

Ratatouille with Almonds, Olives and Feta **VEG, GF**

Having nannied for a French family in my twenties, ratatouille, a classic French dish, has been on my radar for a long time. It's good, don't get me wrong, but I always felt like it needed other textures to really make it sing. Well, a few years ago, my mother-in-law made this [Food Network](#) recipe, and—dramatic thought it may sound—it was a revelation. The salty, crunchy topping of almonds, olives and feta cheese offsets the deep flavor of the summer veggies so perfectly. It turns a meh plate of stewed summer vegetables into one of my favorite meals of the summer. Celebrate the first of the summer veggies by giving it a try this week!

INGREDIENTS

- 1 cup whole almonds
- 6 tablespoons extra-virgin olive oil, plus more as needed
- 1 teaspoon red chili flakes
- 3 cloves garlic, chopped
- Sea salt and freshly ground black pepper
- 1 pound feta cheese, crumbled
- 1 cup pitted, coarsely chopped green olives
- **2-3 handfuls fresh basil leaves**
- 1 medium onion, chopped
- **1 pound eggplant, chopped**
- **1 pound summer squash, chopped**
- **1 pound tomatoes, seeded and chopped**
- 1 tablespoon capers, drained
- 1 can whole peeled tomatoes, drained and hand crushed
- 1 tablespoon balsamic vinegar



DIRECTIONS

1. Put the almonds into a large skillet over medium heat. Gently toast the nuts, stirring or shaking regularly, for about 3 minutes. Add 3 tablespoons olive oil, ½ teaspoon red chili flakes, 1 chopped garlic clove, and salt and pepper to taste. Cook for another 3 minutes, stirring or shaking regularly, and transfer to a plate to cool. Crush or chop the almonds roughly and put them into a bowl along with the feta cheese and olives. Coarsely chop or tear a handful of basil and add. Mix well to combine all the ingredients, then set aside.
2. Put 3 tablespoons olive oil and the remaining ½ teaspoon chili flakes into the skillet over medium heat. Add the onions, remaining garlic, and another handful of coarsely chopped/torn basil leaves and cook until the onions start to soften, about 5 minutes. Put in the eggplant and cook until it is soft, about 10 minutes, adding more olive oil if necessary. Add the summer squash, fresh tomatoes, and capers; season with salt and pepper. Continue cooking until these vegetables are soft but still whole. Add the canned tomatoes, vinegar, and more basil leaves, if desired. Continue to cook for another 10-15 minutes; remove from the heat and set aside to cool.
3. To serve, put the ratatouille into a bowl or platter and top with the feta, olive, and almond mixture. Ratatouille is best served warm or room temperature, not hot.