

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2025 Week 3
July 30 & August 2

IN THE SHARE

“ / ” indicates a choice

- Potatoes/Cucumbers/
Summer Squash
- Cherry Tomatoes
- Tomatoes/Peppers/Eggplant
- Edamame!

PICK-YOUR-OWN

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

RED

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

ORANGE

Calendula, Pincushions,
Parsley, Tithonia, Lemon
Basil, Thai Basil, Holy
Basil, Italian Basil

PINK

Zinnias, Cilantro, Dill,
Sunflowers, Cosmos,
Gomphrena

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!**



LAST CHANCE TO REGISTER!

Do you know the wiggle test? Do you know how “open” a flower should be when you harvest it? **This Saturday morning from 9:30-11:30**, Frederick County flower farmer, Morgan Patterson, will be here to share all her tips and tricks for harvesting the best blooms, as well as her techniques for arranging beautiful bouquets all season long. Up your PYO game, and join us this Saturday for our [Flower Harvesting and Bouquet Making](#) workshop. The workshop is free, but space is limited and [registration](#) is required.

MoCo Farm Tour Recap

Last Saturday, we participated in the annual MoCo Farm Tour. We had a live band, lots of Field Tours, and a veggie market. It was a hot day, but lots of fun! Here are a few of my favorite staff images from the event.



Lyn, Becca, and Clare taking a quick break between tours.



Trell and Rachel at the market



Board Members, Tom O’Gara and David Vismara with Founder, Woody Woodroof



Enrique showing his family around the farm.

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Edamame, Restaurant Style VEG GF DF

A couple of years ago, we grew edamame as one of our “novelty” crops—something we grow just for fun (and usually just for staff). That first year, the edamame did so well and was so popular, that it made its way into our regular rotation. You can easily shell them and use the beans in salads or stir fries if you like. But my favorite way remains to simply boil the pods in salted water, pop the beans straight into my mouth, and enjoy!

INGREDIENTS

- 1 pint edamame
- 1 liter of water
- 2 ½ tablespoons sea salt
- Pinch of baking soda



DIRECTIONS

1. Rinse edamame pods in water. Snip the ends off each pod. This step is optional, but it does help the pods absorb the salted water.
2. In a large bowl, mix edamame pods with half the salt. Rub the pods between your fingers to remove the little hairs on the surface. Let pods sit in the salt for 30 minutes.
3. Bring a liter of water to a boil. Add the remaining salt, and a pinch of baking soda.
4. Once the water is boiling, add the salted edamame (and any salt/juices leftover) and boil for about 3.5 minutes. At that time, taste the beans to see if you like the texture. If you want softer beans, boil for another minute.
5. Drain the edamame, and toss them frequently to cool them down as quickly as possible (do not rinse with cold water or you will lose all your yummy salt flavor). Serve immediately.

Shiso Juice VEG GF DF

Our shiso is in full effect right now, which means it's time to get some! Shiso can be invasive, so even though we love it, we cut it to the ground once it starts to flower so it doesn't go to seed. Now is the time to try some fun recipes like [shiso salt](#), [shiso kim chi](#), and [capellini pomodoro with shiso](#). Or—my favorite—this sweet and refreshing Japanese drink!

INGREDIENTS

- 2 large handfuls of shiso leaves
- 2 cups water
- ½ cup sugar
- ¼ cup apple cider vinegar

DIRECTIONS

1. Rinse the shiso leaves and bring the water to a boil in a medium saucepan.
2. When boiling, submerge the shiso leaves in the water and cook for 5-7 minutes.
3. Strain and press the shiso leaves from the liquid.
4. Over medium heat, add the sugar and vinegar to the liquid. Stir until dissolved. Add more or less sugar and vinegar according to your tastes. The juice will keep longer in the fridge with more sugar/vinegar.
5. Cook to desired thickness, then turn off heat and let cool. Store syrup in the fridge in a sterilized jar for 3-6 months, depending on how much sugar/vinegar you added.
6. To make the shiso juice drink, mix the shiso syrup and sparkling water in a 1:1 or 1:2 ratio and serve over ice. Garnish with lemon or lime wedge and mint leaves.

