

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2025 Week 4
August 6 & 9

IN THE SHARE

“ / ” indicates a choice

- Carrots/Beets
- Cherry Tomatoes/Okra/
Edamame/Peppers
- Cucumbers/Squash/
Potatoes
- Nightshade Choices

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, Celosia

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!**

UPCOMING EVENTS



QUICK TIPS FROM A FLOWER FARMER



Last Saturday flower farmer, Morgan Patterson, led a workshop at the farm on flower harvesting and arranging. She shared best practices for harvesting, as well as her simple tips for making lovely flower arrangements at home. For those of you who were unable to attend, here are a couple tidbits of wisdom that I found helpful:

The Wiggle Test: many flowers, like zinnias, strawflowers, gomphrena and rudbeckia should have a rigid stem when picked. To test, hold onto the lower stem and give it a little wiggle. If the flower head flops around, it's not ready.

Bouquet Basics: You can't go wrong with a mix of the "Three F's"—foliage, focals and filler. Foliage goes in first as the "backdrop." Next, place your focal flowers—bright, showy blooms that catch the eye—at different heights. Then fill in any holes with your fillers—small flowers, muted tones, multi-flower stems. Odd numbers of any type of bloom are best. Play with height, width, and textures to see what brings you joy. The possibilities are endless!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kentucky Benedictine Sandwiches **VEG**

Last week at CSA, we took a survey of favorite cold foods/beverages for hot days. Of course, we received the usual answers—ice cream, iced tea, watermelon, beer, lemonade—but there was one answer that caused a stir: Benedictine. The stir was simply because none of the staff or volunteers had heard of it. Is it a fancy cocktail? A delicious dessert? Tell us more! The CSA member who wrote that answer was nice enough to explain it to us, and send me the [recipe](#). Turns out, it's a fancy sandwich! But it sure does sound refreshing. It almost makes me hope for another hot spell!

INGREDIENTS

- 1 (8oz) package of cream cheese, softened
- ¼ cup green onions, minced
- ½ cup cucumber, peeled, seeded, and chopped
- 2 tablespoons finely chopped dill
- 1 tablespoons mayonnaise
- Freshly ground pepper, to taste
- Salt, to taste
- 1 loaf sliced white bread



Credit: Caitlin Bensele, Food Stylist: Torie Cox

DIRECTIONS

1. Combine the first 7 ingredients in a small bowl to make the Benedictine spread.
2. Spread mixture onto slices of bread to desired thickness. Place other pieces of bread on top to make sandwiches.
3. Trim away crusts and cut each sandwich into 4 triangles to create tea sandwiches.
4. If you're not having a party where the look of tea sandwiches is important to you, you can simply slather this stuff on bread, make a sandwich, and enjoy!
5. You can also [adjust the recipe](#) just a bit and use it as a dip for veggies or pita chips.

Tasty Recipes Using This Week's Share

Sometimes, there are just too many good things in the CSA to narrow it down to a couple of recipes. So I thought I'd suggest a few of my favorites for this week's share from the archives. Click on the picture to get to the recipe.



**Carrot-Beet Slaw with
Garlicky Labneh**



Epic Baba Ganoush



**Roasted Potatoes and
Zucchini**