

The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2025 Week 5
August 13 & 16

IN THE SHARE

- Potatoes
- Squash/Cucumbers
- Cherry Tomatoes
- Garlic
- And more!

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!



FROM FOREST BATHING TO FARM BATHING

Last weekend, I went on an outdoor women's retreat in Western Maryland and took a workshop on Forest Bathing. Don't worry, there are no bathtubs involved! Actually, forest bathing refers to immersing yourself—"bathing"—in the sights, sounds, and smells of nature. In the workshop, we spent over 3 hours wandering a 1-mile trail! The practice began in Japan in the 1980s, when the country was experiencing both a massive tech boom and rapid urbanization. *Shinrin-yoku*, as it is called there, became—and still is—a prescribed treatment for a number of stress-related ailments.

Since the retreat, I have been thinking about how good I felt after the Forest Bathing workshop. How it reset my rhythm and slowed the rest of the weekend down too. I can still feel a shadow of that peace, but it's fading, and I want to find ways to bring it back.



We don't have much in the way of woods to offer, but we do have lots of nature at the farm. So I've been thinking: why not Farm Bathing?

Between the rainbow of plant colors, the orchestra of bird and insect sounds, the feel of the breeze or sun on skin, there are plenty of sensations to immerse yourself in at the farm. Whether you rarely go into the PYO, or whether you go in every week to pick flowers and herbs, I invite you to find some time soon to "bathe" at the farm, with no other objective than just being present. Here are some of the invitations our guide gave us during our Forest Bathing walk to help us slow down and just be:

- Walk as if you are kissing the ground with your feet. This directive comes from a poem by Thich Nhat Hanh, to approach even the act of walking with mindfulness.
- Find a "sit spot," a comfortable place to sit and just observe your surroundings. Regular forest bathers return to their sit spots often to observe the passing of seasons from a particular place. At your sit spot, take some time to focus on each of your senses and notice, without judgement, what is coming into your awareness.
- Imagine that Mother Nature has left you a gift along your path. Walk slowly and observe, without desire, and see what stands out or calls to you. The gift might not be what you thought you wanted, but exactly what you needed!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Puttanesca Chickpea-Tomato Salad **VEG, GF, DF (with modifications)**

One of our CSA members sent this recipe in last week, saying it's been a go-to for her on hot evenings when she doesn't feel like cooking. I admit, I don't cook with chickpeas often, but every time I have a chickpea salad like this, I wonder why not. They're delicious! Perhaps this is just the inspiration I need to remember to reach for them more often. Makes 4-6 servings. Adapted from Ali Slagle's recipe in the New York Times.

INGREDIENTS

- **1½ pounds (~2 pints) ripe cherry or small tomatoes, halved or quartered**
- 3 cups cooked, rinsed chickpeas, white beans or a mix (homemade or from two 15-ounce cans)
- **½ cup coarsely chopped parsley leaves and stems**
- ½ cup coarsely chopped or crumbled Parmesan cheese
- ¼ cup extra-virgin olive oil
- ¼ cup kalamata olives, torn in half and pitted
- 3 tablespoons drained capers
- 1 tablespoon lemon juice, plus more to taste
- **1 garlic clove, finely grated**
- Kosher salt



DIRECTIONS

1. In a large bowl, stir together the tomatoes, chickpeas, parsley, Parmesan, olive oil, olives, capers, lemon juice and garlic. Season lightly with salt and stir once more. Let sit for 10 minutes or up to 2 hours at room temperature.
2. Before serving, taste and add more salt and lemon juice until it tastes bright. The balance is largely dependent on your tomatoes. (This salad keeps for up to 2 days in the refrigerator. Bring to room temperature before serving.)

Tzatziki **VEG, GF (with modifications)**

Not much description needed here. Just a deliciously cool, thick yogurt dip or spread to put on just about anything!

INGREDIENTS

- **2 medium slicing cucumbers**
- 2 cups Greek yogurt
- **2 to 3 garlic cloves, cut in half, green shoots removed**
- **2 tablespoons chopped fresh mint and/or parsley**
- 2 tablespoons extra virgin olive oil (optional)
- Salt, pepper, and fresh lemon juice to taste



DIRECTIONS

1. If desired, peel the cucumber and scoop out the seeds. Grate into a colander in the sink and sprinkle with a generous amount of salt. Mix, then let sit 15-30 minutes.
2. Meanwhile, beat together the yogurt, garlic, mint/parsley, olive oil (if using).
3. Rinse cucumbers and squeeze out extra liquid. Fold into yogurt mixture and add salt, pepper and fresh lemon juice to taste.