

## IN THE SHARE

“ / ” indicates a choice

- Greens Choices
- Spring Onions
- Lettuce
- Kohlrabi

## PICK-YOUR-OWN

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

### RED

Oregano  
Chives  
Tarragon  
Thyme  
Dill  
Cilantro

### ORANGE

Orlaya  
Lamb's Ear  
Sorrel  
Parsley

### PINK

Bachelor Buttons  
Paintbrush Violas  
Arugula

### YELLOW

Sage (leaves & flowers)

### PURPLE

Fennel

## NEED HELP?

Just ask any RWCF staff or volunteer. We're here for you!

## UPCOMING EVENTS

The first [Field Tour](#) of the season is coming up this Saturday, May 30th, at 10am. Field Tours are always free for CSA members and their guests, so it's a great way to introduce your family and friends to the farm, and learn more about our programs and sustainability practices. [Registration](#) is encouraged.

Take yourself out to the ballgame, and support Red Wiggler at the same time! Join us at the [Frederick Keys](#) game on June 5th at 7pm. There is a fireworks display after the game, as well as a chance for kids to run the bases. Bring the whole family for a night of fun! [<< Click here for tickets >>](#)

## FARM NEWS

As organic farmers, we deal with a lot of pests! And even though we don't like them, I find certain qualities to be endearing: the rockstar look of the Colorado potato beetle, the spunky quickness of the flea beetle, the hypnotic coloring of the Japanese beetle. But the pest I have never found any love for is also one of the pestiest pests around: the aphid.

The aphid population has exploded with the recent rain and cloudy days. While we work to keep them under control, I am also trying to open my mind to the possibility that they might have some redeeming, or at least interesting, qualities. I'll admit, I learned some things, but the jury's still out!

- Aphids poop sugar! They suck sap out of a plant, use the protein and nutrients, then excrete the sugary leftovers. This honeydew, as it's called, is popular with our sugar-fiend ant friends. So much so that some species "farm" aphids, protecting them from predators and "milking" them for honeydew.
- Aphids are slow, plump, and abundant. In short, a perfect food source! Lots of beneficial insects we want in the garden are here, at least in part, because there are aphids to snack on!
- Aphids are parthenogenetic, or capable of "virgin origin." Embryos develop from unfertilized eggs in "telescoping generations," meaning that all the embryos developing inside a female are also carrying developing embryos!
- Aphids don't have wings...until they do. Aphids are typically wingless, but if an infested crop gets crowded, they have the ability to produce a generation of winged offspring that can relocate to new host plants.



- Aphids don't go down without a fight! Some species use their powerful hind legs to kick pursuers into submission. Others will stab the eggs of predatory insects to kill them in vitro. Ruthless!

### Kohlrabi Salad with Citrus & Cilantro **VEG, DF, GF**

I usually kick off the first week of kohlrabi with MY favorite kohlrabi recipe—[Kohlrabi and Apple Slaw](#). But this year, just to keep you on your toes, I'm mixing it up with a favorite of a Red Wiggler alumni, Molly McCracken. Molly ran the CSA and Education programs about a decade ago, but her tastes live on through our trusty [Recipe Index](#). This refreshing salad, adapted from [Feasting at Home](#), was one of her CSA favorites.

#### INGREDIENTS

- **1 lb (~1 bunch) kohlrabi, peeled and julienned, or grated in a food processor**
- ½ lb mix of carrots, apples, and/or turnips, peeled and julienned, or grated in a food processor
- ½ cup finely chopped cilantro
- ½ to 1 whole jalapeño, deseeded and minced (optional)
- ¼ cup finely chopped green onions
- Orange zest from one orange
- Lime zest from one lime

#### Citrus Honey Vinaigrette:

- ¼ cup olive oil
- Juice from one orange
- Juice from one large lime
- ¼ cup honey
- ½ tsp kosher salt
- 1 tbsp rice wine vinegar



#### DIRECTIONS

1. Place julienned or grated veggies in a large bowl with chopped cilantro, green onions, jalapeño, lime zest and orange zest. Reserve some zest and cilantro for garnishing, if desired.
2. Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. For best flavor, refrigerate for several hours, or overnight, before serving.

### Fresh Herb Marinade for Chicken or Potatoes **VEG, GF, DF (with modifications)**

*The PYO is bursting with fresh herbs right now. Take advantage of their fresh flavors while you can!*

#### INGREDIENTS

- 1 cup mix of fresh herbs
- 3 cloves garlic
- 1 handful of chives
- Juice of 1 lemon
- ¼ cup olive oil
- Salt and pepper, to taste
- 1 tbsp mayo, sour cream, or plain yogurt

#### DIRECTIONS

1. In a food processor or blender, blend herbs, garlic, chives, lemon juice and olive oil until a loose consistency forms.
2. Add mayo, salt, and pepper, to taste. Blend until smooth.
3. Coat chicken and/or potatoes and refrigerate from one hour to overnight. Cook as desired.