

IN THE SHARE

- Spring Onions/Scapes
- Lettuce
- Radishes
- Greens Choices
- Pea Shoots

PICK-YOUR-OWN

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

RED

Oregano
Chives
Tarragon
Thyme
Dill
Cilantro
Mint

ORANGE

Orlaya
Chamomile
Lamb's Ear
Sorrel
Parsley

PINK

Bachelor Buttons
Paintbrush Violas

YELLOW

Sage (leaves & flowers)
Lemon Balm
Yarrow

PURPLE

Fennel

NEED HELP?

**JUST ASK THE
RWCF STAFF OR
VOLUNTEERS!**

UPCOMING EVENTS

Last call to join us at the [Frederick Keys](#) game on June 5th at 7pm. While you root, root, root for the home team, you help us grow more roots, roots, roots for our community! Okay, I know that joke was a foul ball, but if you join us this Friday, you'll help this season be a home run! [<< Click here for tickets >>](#)

FARM NEWS

I am thrilled to welcome Megan Nichols, our new Distribution Lead, to Red Wiggler this season. She is here to help with all things distribution—washing, packing, even covering for me at CSA now and then. I'll let her introduce herself!

Hello, I'm Megan! My passion for farming began in high school as a volunteer for a small organic farm in Olney called Farm at Our House, which eventually nourished my love for food and the land we grow it on. I worked at farms and farmers markets across the DMV during the pandemic, while also completing my high school education at Montgomery Blair's Communication Arts Program. In 2022, I began pursuing my BS in Agricultural Business Management and Organic Principles at the University of Wisconsin-Madison. During my time there, I gained amazing knowledge in both conventional and regenerative systems through disease and pest research.



After completing my degree in May, I was drawn to Red Wiggler not only for their organic systems and principles, but interpersonal relationships as well. Even through a screen, I could tell Red Wiggler was special in the way they give back to the land and the people working that land. Although my time at RWCF has just begun, I can feel the welcoming energy from every single person, and already feel a part of the family.

This season, I'm looking forward to applying my education to practical farming skills and getting more involved in the RWCF community. Outside of farming, my favorite hobby is practicing makeup and styling looks on myself and others. My favorite vegetable (fruit!) is an heirloom tomato; of course for their taste, but also their strange similarity to life—constant change and constant upkeep, but amazing rewards!

Herby Roasted Radishes **VEG GF DF (with modifications)**

So many people think of radishes as a food strictly eaten raw. But they are also delicious sauteed or roasted. Raw radishes can add a peppery crunch to many dishes, but roasting them mellows out both the crunch and the spiciness, and leaves behind a softer, sweeter flavor. Serves 4 as a side. ~adapted from seriouseats.com

INGREDIENTS

- 1 lb radishes, cleaned and topped/tailed
- Olive oil, for drizzling
- 1 generous tablespoon butter
- Sea salt and freshly ground pepper to taste
- 1-2 tablespoons minced fresh herbs*
- 2-3 tablespoons minced spring onion



DIRECTIONS

1. Preheat the oven to 400 degrees. Line a baking sheet with aluminium foil.
2. Cut radishes into bite-size pieces, as needed.
3. In a mixing bowl, toss the radishes with just enough olive oil to coat, and season with salt and pepper. Arrange in a single layer on the baking sheet and roast, stirring occasionally, until radishes are tender and slightly browned, 30-40 minutes.
4. When done, transfer to a heat-safe bowl and toss with butter, herbs and spring onion. Season with more salt and pepper, if desired, and serve immediately.

*Any combination of herbs from the PYO will work here. I recommend tarragon, parsley and thyme, but others will work well too. Let your own tastes be your guide!

Chicken Persillade

Like many herbs and flowers in our gardens, parsley plants stay healthier when they are picked regularly. This easy French recipe from Jacques Pépin is perfect for a quick, weeknight meal—add a salad, rice or potatoes, and another veggie (or use the parsley/garlic mixture ON veggies instead!), and enjoy, knowing you've helped the PYO while helping yourself! Need something that will both calm and delight you today? [Watch Pépin make this delicious dish himself!](#)

INGREDIENTS

- 1 large boneless, skinless chicken breast, cut into ~1.5-inch cubes
- 2 tbsp flour (Wondra or all-purpose)
- 1.5 tbsp each, olive oil and butter
- 3 cloves garlic, finely minced
- ¼ cup fresh parsley leaves/tender stems, finely chopped
- 2 tbsp chopped chives
- Salt and fresh ground black pepper, to taste

DIRECTIONS

1. Dry the chicken cubes with a paper towel and season them with salt and pepper. Toss the pieces with flour and shake off any excess.
2. Heat the oil and butter in a skillet and brown the chicken on both sides, being careful not to overcook.
3. Just before the chicken is done, toss with the garlic, parsley and chives, cooking the mixture for 20-30 seconds so that the garlic loses its raw edge but doesn't start to burn.
4. Serve immediately with a lemon wedge for garnish.