

Week 1-A
May 27th & 30th 2009

The Worm's Voice

Red *Wiggler's* CSA Newsletter

In your share:

Braising Mix
Spring Onions
Collards
Butler's Orchard
Strawberries
Your choice...
A surprise fresh
from the fields.

In the PYO:

Cilantro
Dill
Oregano
Thyme
Sage
Lovage
Mint
Chives
Irises
Yarrow
Lupine
Wild Flowers

Welcome to the Season!



Welcome to Red Wiggler's 2009 CSA season! We are excited to have so many wonderful new and returning members and we are looking forward to a great year of beautiful vegetables. Many of you joined us for Muffin Luck, our season orientation, but for those of you who couldn't make it, a quick season refresher:

- Please bring your own bags to carry your share home! We'll have plastic grocery bags just in case.
- Always wash your produce when you get it home. We rinse everything as it comes out of the field, but please give it a thorough washing at home.
- Bring your compost to the farm! If you like, take home a bucket with a lid, gather your kitchen scraps (no meat, no dairy) during the week, and next time you come to the farm, exchange your full compost bucket for a clean one. We'll do the dirty work!
- We are using a new email format to keep in touch. If you have not received emails or want to add another account, see one of the staff!
- Printed newsletters will be available each week, but if you'd like to go paperless, the same content will be available on the blog each week.

The Pick Your Own (PYO)

Take advantage of the Pick Your Own! When we calculate the value of your share each week, we anticipate that you are taking home a small bunch of flowers and/or herbs. We love to grow these beautiful & fragrant additions to the garden and we want to make sure you take some home to enjoy all week!

When you are putting together your bouquet, it is worth a hike to the top of the hill near the solar house. Here you'll find the Wild Flower field in bloom. In addition to drawing our favorite beneficial friends (butterflies and honey bees) up into the fields, these flowers are beautiful in arrangements.

As for the herbs, it is usually worthwhile to have a look at the recipes before you head out of the barn. Often our recipes include herbs you will find in both the upper and lower PYO areas. Someone will be available to answer any questions you might have regarding the PYO- just ask!

Recipes

Braising Mix

Braising mix is a delicious combination of Red Russian Kale, Hon Tsai Tai, Komatsuna, Southern Giant and Red Giant mustards, and Tatsoi. These slightly spicy mixed greens are great tossed in salads, or try them sautéed in a little olive oil and garlic for a savory side dish.

Collards

These delightful greens are full of vitamins A, C and K. While there are lots of ways to prepare them, we find these greens are best when steamed briefly before sautéing. Heat a frying pan with a small amount of water. Trim the stems from the greens, chop them and add to the pan ahead of the greens by a minute or two to allow them to soften. Coarsely chop the greens, and them to the pan as well, then cover and steam until the collards are bright green. Carefully pour off any remaining water, add some oil (olive and sesame are great choices) or butter and sauté with a little salt to taste.

Did you know?

Sugar snap peas are a cross between regular peas (inedible pods, plum peas) and snow peas (edible pods with immature tiny seeds). Like snow peas, sugar snap are completely edible- pod and all. Often, however, they are filled with juicy peas that can be nearly as big as the regular kind. Sugar snap and snow peas can be used interchangeably in most recipes.

Sugar Snap Peas with Fried Ginger

from *A Year in a Vegetarian Kitchen* by Jack Bishop

Ginger can be pan-fried until golden brown and crisp and then used as a garnish for any number of vegetable dishes. Here it is paired with stir-fried sugar snap peas or snow peas, but also is a great compliment to asparagus or greens.

¼ cup plus 1 tablespoon roasted
peanut oil

1/3 cup minced gingerroot

¾ pound sugar snap peas, ends
trimmed

Kosher or coarse sea salt

1. Heat ¼ cup of the oil in a large nonstick skillet over high heat until almost smoking. Add the ginger and fry, stirring occasionally, until golden brown, 2 to 3 minutes. (Don't let the ginger turn dark brown or it will taste burned.) With a slotted spoon, transfer the fried ginger to a small plate lined with a paper towel. Discard the oil and wipe the pan clean with a wad of paper towel.
2. Heat the remaining 1 tablespoon oil in the empty pan over high heat until shimmering. Add the peas and sprinkle with salt to taste. Stir fry until the peas are crisp-tender 2-3 minutes. Transfer the peas to a serving plate, sprinkle with the fried ginger, and serve.