

Week 7 A  
July 8<sup>th</sup> & July 11<sup>th</sup> 2009

# The Worm's Voice

Red Wiggler's CSA Newsletter

*Merrily we go along...*



***In your share:***

Head Lettuce  
Turnips & Greens  
Summer Squash  
Spring Onions  
Cucumbers  
Garlic  
Chard & Kale  
Radishes  
Kohlrabi

***In the PYO:***

Dill  
Cilantro  
Oregano  
Thyme  
Sage  
Lovage  
Mint  
Chives  
Nasturtiums  
Calendula  
Corn Cockle  
Lupine  
Yarrow  
Gaillardia  
Snapdragons  
Wild Flowers

It seems like life here is humming along. We've got great produce coming out of the fields. The weather hasn't been too hot yet. And best of all, our workforce is really excellent. We couldn't ask for a better crew of staff, growers, and volunteers to help grow great vegetables and bring in the harvest. To add to the fun, we've introduced the idea of interns to the farm. Our interns will be with us for the next 6 weeks learning about farming and the unique Red Wiggler style. If you're lucky enough to bump into them, please introduce yourself.

Slowly a sea change, or perhaps I should call it a field change, will be taking place in the coming weeks. The summer vegetables are on their way in. We've got summer squash, zucchini and cucumbers already; next it'll be peppers, then eggplant and then the beloved tomatoes. With that change we'll see the slow disappearance of lettuce, radishes, turnips and the like. They'll be back again in the fall, so love them while you can.

**\*\*Important item of note:** In 2 weeks, the Montgomery County Farm Tour will be taking place. **There will be NO pick up that week.** Please consult your calendars. Red Wiggler Community Farm will be open to the general public on Saturday, July 25<sup>th</sup> from 10am-4pm for merriment, kids' activities, and sales of fresh vegetables and local honey. This is the only time we are open to the public. Encourage your friends to come visit us and show off your farm!

*Scarecrow reminder: We are collecting old clothing to dress our scarecrows again this year. Please bring us your worn out shirts, pants, hats and the like. Thanks!!*

## Notes on Garlic

This week is the arrival of garlic in your share. Real garlic. Fresh garlic. No more of that silly stuff shipped from China that you find in the grocery store. This is the real deal. Thus, it's going to taste a little different (as should most of our vegetables!) What you're getting this week is **1<sup>st</sup> generation Red Wiggler garlic**. That means we've saved the seed for one year and now this is the product that it's produced. It will have a distinct flavor, or *terroir* of this land, climate and growing methods. We save the biggest bulbs as seed garlic to plant again this fall and perpetuate the Red Wiggler *terroir*, and so what you'll get now is a wee bit smaller, but ohh, just as good! Be prepared; from here until the end of the season, you will be getting garlic in your share. Enjoy it while it lasts!

## Recipes

Here's one more for your kohlrabi questions.  
Feel free to add in your turnips too!

### KOHLRABI GRATIN

PREPARATION TIME: 20 MINUTES  
COOKING TIME: 60 MINUTES  
SERVES: 4

2 LBS. KOHLRABI  
3 TBSP. FRESH PARSLEY  
1 LEMON  
2 OZ. BUTTER  
1 C CREAM  
4 OZ. CHEDDAR CHEESE  
SALT AND PEPPER

1. PEEL THE KOHLRABI, CUT IN HALF AND SLICE THINLY. PLACE HALF IN A GRATIN DISH AND SPRINKLE WITH HALF THE PARSLEY.
2. FINELY GRATE THE LEMON RIND AND SPRINKLE HALF ON TOP OF THE KOHLRABI. DOT OVER HALF OF THE BUTTER. SEASON WITH SALT AND PEPPER.
3. PUT THE REMAINING KOHLRABI, PARSLEY AND LEMON RIND ON TOP. DOT WITH THE REMAINING BUTTER AND POUR OVER THE CREAM.
4. TOP WITH THE GRATED CHEESE AND BAKE AT 375 DEGREES FOR 60 MINUTES, UNTIL TENDER.

### Chard Gratin

from Deborah Madison's cookbook "Local Flavors" (see the end for Celesta's version!)

2 lbs. chard, incl. half of the stems (Add other tender greens if you don't have enough chard.)  
4 tbsp. butter  
1 onion, finely chopped  
salt and pepper  
1 C fresh bread crumbs  
1 garlic clove, minced  
3 tbsp. chopped dill or parsley  
1 tbsp. flour  
1 C milk or cream or a mixture of cream and stock  
1 C crumbled fresh goat cheese or grated cheddar

Coarsely chop the chard. Melt 2 tbsp. butter in wide skillet over medium heat. Cook onion and chard stems, stirring occasionally, until onion has begun to brown. Add the chard leaves, sprinkle with salt, and cook until wilted and tender, about 10 minutes. Meanwhile, preheat oven to 400F and lightly oil a 2-quart baking dish. Melt half the remaining butter in a small skillet and add the bread crumbs, garlic, and dill. Cook, stirring for about a minute, then scrape the crumbs into a bowl and return the pan to the heat. Melt the last tbsp. of butter, stir in the flour, and whisk in the milk. Simmer 5 minutes and add to the chard mixture. Add the cheese, correct for salt, and season with pepper. Pour into the prepared dish and cover with the bread crumbs. Bake until heated

through and golden on the surface, about 25 minutes. Let settle a few minutes before serving.

*Celesta's version* (she says she used leeks and green garlic, and lots of goat cheese!):

Separate chard leaves and stems. Dice stems and toss in a skillet w/butter and onions (the baby leeks might do well here) and cook until starting to brown (about 20 min). Add roughly chopped chard leaves and salt and cook for another 5 to 10 min. Preheat oven to 400F and lightly oil a gratin dish. Melt butter in skillet and sauté some breadcrumbs w/parsley or dill (add some chopped green garlic to this) for a minute or two and set aside. Make a bit of bechamel using butter, flour and milk (or cream) and add it to chard mixture. Add lots of crumbled goat cheese and mix it up. Pour into gratin dish and top with herby-garlicky bread crumbs. Bake until heated through and starting to brown on top, around 20 min. or so.



Cucumber

### Radish Canapés

Fresh cucumber, unpeeled, cut into 1/8" slices  
Radishes, also sliced into thin rounds  
Cream cheese  
a little finely minced scallion  
fresh lemon juice and zest  
fresh mint leaves (be sure to save the tiny top leaves of the mint sprigs for garnish)

Make a spread by combining cream cheese, lemon juice, a little scallion and finely minced mint, as well as some minced lemon zest.

Spread a dab of the cream cheese mixture onto a slice of cucumber. Place a slice of radish on top of this. Top with another small dab of cream cheese mixture (if you have any fun frosting-type funnels for making shapes, this would be an opportunity to use them, however just putting a little spoonful on top is just fine too). Then finally, garnish with a small strand of lemon zest and a tiny mint leaf. They're ready to eat at this point, but you could easily chill them as needed for a few hours (cover with plastic wrap if they are going to be refrigerated for longer than that).