

Week 8 B  
July 15<sup>th</sup> & 18<sup>th</sup> 2009

# The Worm's Voice

*Red Wiggler's CSA Newsletter*

## *In your share:*

Eggplant  
Peppers  
Potatoes  
Garlic  
Beets  
Turnips  
Summer Squash  
Cucumbers

## *In the PYO:*

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

*\*The basil is ready!  
Please top the plants  
(pinch off the 4-6  
leaves closest to the  
top) and pick with  
future harvests in  
mind. Thanks!*

No CSA pick up next week  
(July 22 & 25)  
Join Us for Farm Tour  
Saturday July 25th!



We are busy as bees here at Red Wiggler, and there are lots of opportunities for CSA members, their families and friends to get involved in the life of the farm!

### *Garlic Harvest*

We are working hard to get all the garlic out of the ground, and if any of you are available to help harvest in the early mornings or the evenings, please let us know!

### *Farm Tour*

We are looking for volunteers to help fill various slots during the Farm Tour on July 25<sup>th</sup>. Please see Liz if you have an hour or more to lend a hand!

### *Silent Auction Items*

The time is upon us- we are beginning to collect items for our Annual Harvest Supper and Silent Auction on September 12<sup>th</sup> this year. While we are looking for a broad range of items, we especially appreciate homemade, handmade and locally produced items that relate to our mission and our farm. See the staff for a donation form.

### *Brown Paper Bags*

We've started our Staple Share, part of the Farm to Group Home Program, and we are finding that we could use some brown paper grocery bags to transport their shares. If you have extras we could inherit, we would love to take them!

### *Red Wiggler Community Farm Tour Saturday, July 25<sup>th</sup>, 2009 from 10 am to 3 pm*

Come out and join us for a day of music, hay rides, and educational activities! This free event is a great way to learn more about life on a Community Supported Agriculture (CSA) farm and how *green* farming can be when we work with an eye to environmental stewardship and utilize sustainable farming practices. Take a tour and visit the vegetables growing in Red Wiggler's fields. See the plant based treatments that a rural physician might have used to care for patients in Montgomery County in the 1850s. Learn about birds and butterflies native to the wetlands. Watch honeybees in their hive and learn how they participate in the life of the farm. Enjoy a family friendly hayride and spend some time in the hands-on farm games area. We will have seasonal Red Wiggler produce and flowers for sale along with honey and bee based products from The Naked Bee. Hope to see you here!

## Recipes

### Grilled Vegetable Sandwich

#### Sandwich:

- 2 Tablespoons olive oil
- 1 sliced bell pepper (preferably red)
- 1 small zucchini, sliced
- 1 small yellow squash, sliced
- 1 red or sweet onion, sliced
- 2 (4-x6-inch) focaccia bread pieces,  
split horizontally
- 1/2 cup crumbled feta cheese

#### Spread:

- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice

1. Preheat the grill for high heat.
2. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
3. Prepare the spread by combining the mayonnaise, minced garlic, and lemon juice.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

**Notes:** Charcoal, gas, and indoor plate grills work equally well for this recipe. Try adding fresh chopped herbs to your spread; dill, cilantro and parsley are great summer flavors. Instead of making a spread, add the lemon and garlic to the olive oil before brushing the vegetables and omit the mayonnaise completely. Add other veggies-eggplant tastes great in the sandwiches, too. Whole wheat breads, English muffins, and assorted buns are delicious in place of focaccia.

### Spicy Turnip Greens

*Adapted from FoodNetwork.com*

- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 clove garlic, chopped
- 1 teaspoon red pepper flakes
- 1 1/2 pounds turnip greens, washed,  
stemmed, and chopped
- Freshly ground black pepper
- 2 tablespoons Dijon mustard
- 1 cup vegetable or chicken stock
- 1/2 cup chopped pecans, toasted

Heat olive oil in Dutch oven over medium heat. Add shallot, garlic and red pepper flakes and saute until tender and fragrant. Add the washed and cleaned turnip greens. Mix together. Cook until they have wilted down, about 3 minutes. Add pepper to taste.

In a small bowl, whisk the Dijon mustard with the stock. Add to the wilted greens and cook until the liquid has all but evaporated. Add the toasted pecans and serve immediately.

### Roasted Garlic

Preheat the oven to 400°F.

Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic.

Place the garlic heads in a baking pan. Drizzle a couple teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.

When cool, use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is or mash with a fork and use for cooking. Can be mixed in with Parmesan and pasta, spread over warm French bread... or a grilled vegetable sandwich!