

Wholesome Harvest CSA

Week 2
June 23rd/25th

A Few Reminders...

Now that the season is underway, we like to dedicate one newsletter to some helpful reminders about general CSA items. Please read the reminders below for helpful information!

1. Bring back any and all of your CSA share boxes to your CSA site. If you forget one week, no problem. Bring it back the following week. These boxes are reusable and the ability to reuse them saves the farm a lot in costs. When you bring back your box, please make sure it is broken down and flattened. Please be clean and tidy with your box at your site and stack all boxes neatly at the location. If there are any signs posted about where and/or how to stack your boxes, please follow those instructions.
2. As of right now, there are two different types of boxes you could see at your pick up site. The larger box (which does not have the Wholesome Harvest Farm Logo printed on it) is the full share box. This box says 1 1/9 bushel on the ends and are for members who purchased a full share. The smaller box (which does have the Wholesome Harvest Farm logo printed on it) is the half share box. This box has 3/4 bushel printed on the ends and is what the majority of the membership purchased so you should see a lot more of the half share boxes than full share boxes at your site. Please pay careful attention each week to which share you are taking as new shares are introduced throughout the season and other add on shares also start arriving soon.
3. Remember, a "back-up buddy" is good to have! This is a person you can call, text, email, etc. at any time who is willing and able to grab your share(s) if you cannot make it one particular week. You do not have to inform the farm and you can take advantage of their help on any pick up week you need it. Please make sure that if you do take advantage of their help that they know the ins and outs of the pick-up procedure, especially which size share to take.

Box Description

- The cabbage you will find in your box this week is called Napa, or Chinese, Cabbage. It has large green leaves attached to thick white stems blooming from a central core like lettuce (see picture below).
- The scallions in your box this week might be slightly smaller than last week's as the scallions this week are from a new crop.
- Beets this week! You will find beets (with their leaves) in your box this week. These beets are the first crop of the year which we are very excited about. The greens are edible and most should be in good shape for cooking with if you want to use them.
- Our broccoli crops have been great so far which is a true blessing. Broccoli can be very finicky and can sometimes produce very poorly. We planted many beds of broccoli praying for a great crop and so far we are excited at this year's production. You will either see one large head or two smaller heads in your box this week.
- The peas in your box will be in small plastic pint containers. This particular pea crop is the sugar snap variety. It is one of the most popular and well known varieties of peas and is used in many different dishes.
- The large green leaves with deep and bright colored stems is the rainbow swiss chard.

What's in the box??

This list is tentative and any updates will be finalized on the homepage of our website.

- Beets
- Broccoli
- Green Butterhead Lettuce
- Green Kohlrabi
- Lettuce Mix
- Napa Cabbage
- Peas
- Scallions
- Swiss Chard
- Cucumbers (possibility only)



Napa (Chinese) Cabbage



Rainbow Swiss Chard

Ingredients:

- 1 (3 ounce) package chicken flavored ramen noodles
- 1/4 cup butter
- 1/2 cup sesame seeds, toasted
- 1/2 cup blanched slivered almonds
- 1 large head napa cabbage, shredded
- 6 green onions, chopped (scallions!!!)
- 1/4 cup vegetable oil
- 1/4 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1/8 cup white sugar

Method:

Crush noodles, place them in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Add seasoning mix from noodles and cool. Toss in a large bowl with cabbage and onions.

Prepare the dressing by whisking together the vegetable oil, rice vinegar, soy sauce, sesame oil and sugar. Pour over salad, toss and serve.

Serves: 6 Total Time: 25 Min.
Adapted from allrecipes.com

Sautéed Swiss Chard

Ingredients:

- 1.5 tablespoons butter
- 1 1/2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 pinch dry crushed red pepper
- 2 bunches swiss chard, stems trimmed, leaves cut into 1/2-inch-wide pieces
- 1/2 lemon, juice of
- Salt

Method:

Melt butter and oil in heavy large pan over medium-low heat. Add garlic and crushed red pepper.

Sauté until fragrant, about 1 minute.
Add swiss chard; stir to coat.

Cover and cook until tender (stirring occasionally) about 8 minutes.

Squeeze juice from 1/2 lemon onto chard.
Season to taste with salt.

Serves: 4 Total Time: 13 Min.
Adapted from food.com

Ingredients:

- 1 lb. (500 g.) skinless, boneless chicken breast halves, cut crosswise into thin strips
- 3 1/2 Tbs. peanut oil
- 1 tsp. baking soda
- 2 tsp. cornstarch
- Salt
- 1 Tbs. oyster sauce
- 3/4 lb. (375 g.) sugar snap peas, halved crosswise on the diagonal
- Cooked white rice for serving
- Soy sauce for serving

Method:

In a bowl, toss the chicken strips with 1 1/2 tablespoons of the peanut oil, the baking soda, and the cornstarch. Cover and let marinate in the refrigerator for 1 hour. Remove from the refrigerator 15 minutes before cooking.

Heat a wok or large frying pan over high heat. Add the remaining 2 tablespoons oil. When it is hot, add the chicken, spreading it out as much as possible. Season with salt and sear for 1 minutes without stirring, then stir until opaque throughout, 2-3 minutes. Stir in the oyster sauce and cook for 30 seconds. Transfer to a bowl and set aside.

Return the wok to high heat, add the peas, and stir-fry until tender-crisp, about 1 minute. Stir in the chicken and stir-fry for 30 seconds. Transfer to a platter and serve right away with rice and soy sauce.

Serves: 4
Adapted from Williams-sonoma taste blog