

Wholesome Harvest CSA

Week 14
September 8th/10th

A Typical Wednesday & Thursday..

As Labor Day comes and goes, and fall starts to roll around, we here at the farm are busy preparing for the fall and winter months. While preparing our fields, equipment, and other general farm items for winter, we are still sticking with the day to day CSA preparations. We have already discussed a typical Monday and Tuesday so this week we will discuss a typical Wednesday and Thursday.

A typical Wednesday is very similar to Mondays around the farm. Wednesdays are spent harvesting most, if not all, of the veggies that will be packed in Thursday site members' box. There are a few veggies like potatoes, squash, etc, that can be harvested on Tuesday after packing but most are harvested on Wednesday. Early Wednesday morning, the crew splits up, some going to the fields while others begin in the packing shed and the harvesting begins. By the end of the day, most of the crew can be found in the packing shed either bagging items like lettuce in the spring, beans in the summer, and potatoes in the fall, washing veggies, and folding boxes for Thursday morning's packing.

Thursday mornings are exactly the same as Tuesday mornings except the number of boxes that are to be packed. The delivery route is also different than Tuesdays. The one large difference is that where Tuesday afternoons are spent getting ready for Thursday deliveries in any way possible, Thursday afternoons mark the start of much needed general farm duties and maintenance. In the early spring and summer, this means weeding, planting, watering the greenhouse, etc. In the fall, Thursday afternoons are usually spent on tying tomatoes, clearing out the greenhouse, and some little weeding projects.

Box Description

- This week's squash will be carnival. Once you see this variety of squash, you will understand how it got its name ☺ With all of its bright colors and cool skin design, carnival squash is one of the most appealing squashes. It has a slightly different taste than butternut and is more similar to acorn squash in flavor. One of the best ways to eat carnival squash is with some butter and brown sugar!
- Lettuce is making a comeback! Just kidding ☺ There will be a few more lettuce varieties the rest of the season but not the same amount as spring. This first lettuce will either be red or green leaf.
- Lots of peppers still this week. You will see green OR red bells, purple OR white bells, and then everyone will see one other variety of pepper which could include a pablano, jalapeno, orange conical, banana, or even another bell pepper!
- Everyone will see different onions in there box this week. Everyone should see a yellow onion in their box and then you will either see a tropea onion or cipollini onions in your box also.
- The tomato hoopouses are still in almost full swing! Everyone should see cherry tomatoes in their box this week and then either slicing tomatoes or an heirloom tomato.

What's in the box??

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

- 🍅 Carnival Squash
- 🍅 Cherry Tomatoes
- 🍅 Green Leaf OR Red Leaf Lettuce
- 🍅 Green OR Red Bell Pepper
- 🍅 Purple OR White Bell Pepper
- 🍅 Red OR Gold OR Russet Potatoes
- 🍅 Slicing OR Heirloom Tomatoes
- 🍅 Tropea Onion OR Cipollini Onion
- 🍅 Yellow Onion
- 🍅 Other Pepper Variety (conical, bell, banana, jalapeno)

Greens Only Share

- 🍅 Kale
- 🍅 Green OR Red Leaf Lettuce

Ingredients:

- 2 cups mashed potatoes
- 1/2 cup sour cream
- House Seasoning, recipe follows
- 1 small onion, sliced thin
- 1 small bell pepper, sliced thin
- 8 tablespoons (1 stick) butter
- 1 1/2 cups grated Cheddar
- 4 medium potatoes, cooked
- 6 slices bacon, cooked crisp

House Seasoning:

- 1 cup salt
- 1/4 cup black pepper
- 1/4 cup garlic powder

Method:

Preheat oven to 350 degrees F.

Spread mashed potatoes evenly on bottom of casserole dish. Layer sour cream evenly over top. Sprinkle House Seasoning, to taste. Saute onion and bell pepper in butter; evenly layer over top of sour cream. Slice potatoes and layer over onions and bell peppers. Add butter. Sprinkle House seasoning. Finally top with cheese. Bake for 25 to 30 minutes. Remove from oven and crumble bacon over top.

Adapted from foodnetwork.com

Baked Carnival Squash**Ingredients:**

- 1 Carnival squash (acorn or hokkaido)
- Salt and black pepper to taste
- 100 g Smoked bacon, diced
- 50 g Olive oil
- 1/2 tsp Dried rosemary
- 2 Garlic cloves, minced
- 1/5 tsp Nutmeg
- 1 tsp Sugar

Method:

Preheat the oven to 190C/375F. Cut carnival squash into halves, scoop out seeds and fibers, and cut each half into two chunks. Place them cut-side up on a shallow baking tray. Sprinkle some salt and black pepper.

Dice the bacon and combine with olive oil, rosemary, garlic, nutmeg and sugar in a bowl. Divide the mixture among the carnival chunks. Bake in the middle of the hot oven for 25-30 minutes.

Adapted from Angies Recipes Blog

Ingredients:

- (14 oz) dried rigatoni
- (12.5 oz) cherry tomatoes (a small box)
- (7 oz) frozen spinach (1½ handfuls)
- 2 tsp mince garlic
- 1-2 tsp chilli flakes
- 2-3 tbsp olive oil
- (9 oz) fresh mozzarella (1 large pack)
- (3.5 oz) cheddar (a couple of handfuls)
- seasoning to taste
- a oven proof casserole dish or roasting tray

Method:

1. Preheat the oven to 180C / 355F.
2. Boil the pasta in plenty of salted, boiling water until al dente.
3. Grease the oven dish with a little olive oil and add the drained pasta.
4. Blast the spinach in the microwave for a couple of minutes until fully defrosted, then press in a sieve or colander to remove the excess moisture and add to the dish.
5. Add the cherry tomatoes whole but squeezed as they go in to release the juice, then tear the mozzarella into inch pieces and add that too.
6. Add the garlic and chilli flakes, then drizzle with the remaining olive oil and toss gently to evenly distribute the ingredients and season well with salt and pepper.
7. Top with the grated cheddar.
8. Bake for 25-30 minutes until bubbling and golden in places.
9. Serve hot while all the cheese is deliciously stringy - be careful, the tomatoes will be VERY hot inside.

Serves: 4-6

Adapted from amummytoo.co.uk

Pictures from around the Farm

Right:
A bin full of recently harvested carnival squash ready for packing and delivery.



Below:
These red waddle brothers and sisters are one big family. They seem to be enjoying a relaxing day in the sun ☺



Above:
Conical peppers have an elongated shape and are sweet and usually orange in color. Some of you will be seeing these in your box this week.