

# Wholesome Harvest CSA

Week 8  
July 28<sup>th</sup>/30<sup>th</sup>

## The Typical Tuesday..

As we near the halfway point of the season, the crew and all involved with the farm have fallen into a nice rhythm in terms of what each day of the week entails. Though Monday through Thursday is pretty much the same at their base week to week, there are always slight variations throughout the season. There are also variations within the two harvest days and the two packing days.

Tuesday is our first packing day of the week. Tuesday is when we are packing all the vegetables from Monday's harvest (and a few from Sunday's harvest possibly). This day usually begins around 6:00 am in the morning with most of the crew here by 6:30 am. On Tuesday, almost every member of the farm crew is in the packing shed helping with some item or the other. There are crew members working the packing assembly line while others might be folding boxes together (if we didn't get them done the night before), packing eggs into their site coolers, or, on weeks with additional shares like fruit or chicken, putting labels on and working with those additional items. Things can get a little chaotic at times with 10-15 people going every which way in the shed but we all have a great time loading the trucks for delivery.

If everything is going as planned, our big delivery truck leaves right around 9am. Shortly after, our small delivery pick-up truck leaves for the few outlying sites that don't flow with the big truck's delivery route as well. If the need arises, another one or two vehicles will depart and help with deliveries. While several crew members are out and about delivery your boxes, the rest begin the task of cleaning up the packing shed and then begins harvesting those certain veggies that can/need to be harvested earlier rather than later.

Tuesdays can be quite hectic but any delivery day is a good day around the farm because everyone sincerely enjoys watching all their hard work going to wonderful homes!!

## Box Description

- The eggplant crop is starting to come into full maturation. We had some Asian eggplants last week and this week everyone should be getting one!
- Yay for celery!!! We have to do a little happy dance when we get a celery crop to even grow, let alone produce actual celery ☺ Celery is probably on that top 5 list of hardest organic vegetables to grow so we are jumping for joy to be able to give it out this week!
- We are starting to see an abundance of peppers on our outside crop of peppers. The white and purple varieties are the first ones producing at high numbers so you should see one of each in your box this week.
- You will find ears of sweet corn in your box again! Please remember, we do not spray our sweet corn so it is highly likely you might find a bug or two at the top of your sweet corn cob. Wash the bugs off, thoroughly check the whole cob and, if no other signs of spoil are seen, enjoy!! We do several spot checks by pulling down the ears slightly but to preserve freshness, we do not do it to most.
- The beans in your box this week will be yellow wax beans. These do taste different than the well-known green beans. Store in fridge before use.
- Our second crop of summer squash including patty pan and yellow zucchini is just starting to show signs of life ☺ A few of you will see some yellow zucchini or patty pan squash in your box instead of the green zucchini or yellow summer squash that has been in the box the past couple of weeks.

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

- 🍆 Asian Eggplant
- 🥕 Carrots
- 🌿 Celery
- 🍃 Parsley
- 🌶️ Purple Pepper
- 🍆 Red Cabbage
- 🌽 Sweet Corn
- 🌿 White Pepper
- 🌿 Yellow Wax Beans
- 🌿 Green OR Yellow Zucchini
- 🍆 Yellow Summer Squash OR Patty Pan Squash

### Greens Only Share

- 🌿 Kale
- 🌿 Red Leaf Lettuce
- 🌿 Parsley

What's in the box??

**Ingredients:**

- 1 pound wax beans, trimmed
- 1 tablespoon vegetable oil
- Coarse salt and ground pepper
- 2 teaspoons soy sauce
- 1/4 teaspoon finely grated peeled fresh ginger
- 3/4 teaspoon fresh lemon juice
- 1/2 teaspoon light-brown sugar
- 1/4 cup unsalted peanuts
- 1/4 cup fresh cilantro leaves

**Method:**

Preheat oven to 450 degrees. On a rimmed baking sheet, toss wax beans with oil and season with salt and pepper. Roast until browned in spots and tender, about 15 minutes, tossing halfway through. In a medium bowl, combine soy sauce, ginger, lemon juice, and sugar. Add roasted beans, peanuts, and cilantro and toss to combine.

Serves: 4 Total Time: 20 Min.  
Adapted from marthastewart.com

## Zucchini Patties

**Ingredients:**

- 2 cups grated zucchini
- 2 eggs, beaten
- 1/4 cup chopped onion
- 1/2 cup all-purpose flour
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- salt to taste
- 2 tablespoons vegetable oil

**Method:**

In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.

Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

Serves: 4 Total Time: 30 min  
Adapted from allrecipes.com

**Ingredients:**

- 1 head celery
- 1 onion, sliced thinly
- 2 teaspoons minced fresh parsley
- 2 slices bacon
- 1 cup chicken stock
- 1/4 cup water
- salt and pepper
- 2 tablespoons butter or 2 tablespoons margarine, cold

**Method:**

Preheat oven to 350F degrees.

Separate celery into stalks, remove leaves (save for soup) and trim, wash well and cut into pieces about 3/4-inch thick. Place celery in an ungreased casserole dish.

Dice bacon; add bacon and sliced onion to casserole, atop the celery.

Sprinkle all with fresh parsley.

Combine stock and water (or just use all stock) and pour over dish; don't stir. Dot casserole with small bits of butter.

Cover dish and bake for 30 to 45 minutes, or until celery is cooked but not mushy.

Serves: 4  
Adapted from food.com

# Pictures from around the Farm



The crew harvesting the white peppers on Monday.

Celery plant ready for harvest.



A beautiful carrot row.



White pepper plant in full production!