

Wholesome Harvest CSA

Week 1
June 9th/11th

Bringing Home Your First Box

This is one of the most exciting times of the season for all of us here at Wholesome Harvest as we get to see all the first fruits of our main harvest go into a box and get delivered to all of you! On either Tuesday or Thursday of this week, you will all arrive at your pick up site to find a freshly packed box of vegetables. As the CSA concept is slightly different than your typical grocery shopping adventures and we have many new members, we want to give you a couple tips for bringing home your box each week.

We want to be completely honest, a CSA box takes work. The most important action to take after picking up your box is to unpack it as soon as possible! We wash and cool all of the vegetables you receive each week (except for those veggies that cannot be). To best keep veggies fresh, they go from our field to your hands in generally 2 days or less. We take them into our packing shed at a temperature of 85 degrees, wash them, hydro cool them, and then refrigerate them to a temperature of 35 degrees. However, as we deliver and you transport your box home, that cooling process is already begging to reverse itself. This is why it is so important to open your box soon after you get it! It is then best to sort and rinse your vegetables and place them in fridge. Salad greens and lettuces might need a quick cook bath to perk back up but should be eaten soon after. Right before you start preparing a particular veggie to eat, another wash would be ideal. Your veggies should then be ready to be enjoyed! Don't forget to flatten your box and bring it back to your pick up site the following week (See page 3 for instructions).

Like all things, membership in a CSA will be a little bit of a learning curve. As you go through the season, you will hopefully learn more about vegetables, agriculture, health, cooking, and Wholesome Harvest. Get ready to get those creative juices flowing. Be willing to step out of your eating comfort zone. Educate yourself. And Have Fun with it!

All of us here at Wholesome Harvest would like to thank you for joining us for this 2015 vegetable growing season and hope that each week the produce can be a blessing to you and your family!

Box Description

- In your box this week, you will either find a green OR purple kohlrabi bulb. Because of the differences in maturation between each and every plant of our kohlrabi crop, there were some green kohlrabi ready and some purple kohlrabi ready but not all of one type only. Hence, the OR in your box. We will discuss more of this in later weeks!
- The thick, large green leaves supported by thick white stalks is the Pac Choi plant. Pac Choi has a slight mustardy taste to it and most dishes including Pac Choi are of the stir fry variety.
- The greens mix and arugula are in plastic baggies. They can remain in these while in the fridge. It is best to use these types of mixes in a dish sooner rather than later as they are very fresh and greens tend to spoil faster than other vegetables.
- The radishes in your box are the typical salad radish variety that many of us are quite familiar with as we either see them on a salad or on a vegetable tray. They can have a little zing in them also!
- Scallions are the long stems of green with little white bulbs on the end of them that you will find in your box. The whole scallion can be used in a dish, from the bulb to the tip of the green stem.

What's in the box??

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

- Arugula
- Curly Kale
- Green Butterhead Lettuce
- Green Leaf Lettuce
- Greens Mix
- Pac Choi
- Purple OR Green Kohlrabi
- Radish
- Scallion



Green Leaf Lettuce



Pac Choi

Ingredients:

- 1 tbsp sunflower oil (We used olive oil; sesame would probably be okay too.)
- sirloin steaks, trimmed of fat and thinly sliced
- 1 head broccoli, cut into small florets
- 2 garlic cloves, sliced
- 300g sugar snap peas
- 4 spring onions, thickly sliced (scallions would work!!!)
- 3 pak choi, leaves separated and cut into quarters
- 4 tbsp hoisin sauce

Method:

Heat the oil in a large wok or deep frying pan, then sizzle the beef strips for 3-4 mins until browned. Remove and set aside.

Toss the broccoli and garlic into the wok with a splash of water, then fry over a high heat for 4-5 mins until starting to soften. Add the peas, spring onions and pak choi, then stir-fry for another 2-3 mins, then stir in the hoisin sauce and beef. Heat through quickly, adding a splash of water if it seems a little dry. Great with noodles or rice.

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

Kohlrabi with Cheese

Ingredients:

- 4 kohlrabi
- water
- salt
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1/2 cup mild Cheddar or American cheese, shredded or cubed
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon freshly ground nutmeg

Method:

Cut tops off and pare thick stems of kohlrabi. Slice stems and place in salted water to cover. Boil for about 20 minutes, or until just tender. Drain well. Boil tender leaves separately until tender; drain. Chop leaves finely and combine with cooked stems. Melt butter in small saucepan over low heat. Add flour and stir well until smooth and blended. Gradually add milk and cheese, stirring constantly, until cheese is melted and sauce is thick.

Add cooked kohlrabi and cook until hot. Garnish with parsley and nutmeg.

Serves: 4
Adapted from southernfood.com

Ingredients:

- 1 pound fusilli or other short pasta
- 1 large bunch kale, leaves chopped and stems discarded
- 1 tablespoon olive oil
- 3/4 pound sweet Italian sausage, removed from skins and crumbled
- 1 clove garlic, minced
- 2 tablepoons fennel seeds, crushed in a mortar and pestle (optional)
- 1 teaspoon red pepper flakes
- 12-15 whole cherry tomatoes, such as Sungolds
- 1/2 cup Parmesan cheese, plus more for topping

Method:

Bring two pots of salted water to boil: 1 for the kale, 1 for the pasta. Cook the kale in boiling water until tender, then drain well and set aside. Cook the pasta until al dente, reserving 1 cup of the pasta cooking water before draining.

In the meantime, heat the olive oil in a large skillet over medium heat and crumble the sausage into the skillet. Cook, breaking up well with a wooden spoon, until the fat is rendered and the meat is starting to brown. Add the garlic, red pepper flakes, and fennel seeds and continue cooking until the sausage is golden brown and caramelized.

Add the blanched kale and stir to coat well. Cook for 2-3 minutes, then add the cherry tomatoes and cook until they just begin to lose their shape. Add the drained pasta, tossing to coat in the fat, adding pasta water and Parmesan as necessary to create a silky sauce. Season to taste with salt and pepper and divide among bowls, topping with remaining Parmesan.

Serves: 4
Adapted from seriouseats.com

Special Section: How to Break Down Your Box

A step by step guide on how to flatten your box.



Step 1

Open all the top flaps then tip your box upside down.

Step 2

Grab the flaps on the short sides of the box and fold them at the crease. You will be sliding the flaps up and out of the L-shaped inserts.



Step 3

Open all flaps.

Step 4

Fold box in on itself to flatten.

