

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

WHAT'S GOING ON AROUND THE FARM?

JULY 16TH/18TH --- FULL/HALF SHARES: WEEK 5
JULY 16TH/18TH --- GREENS SHARES: WEEK 1

One of the unique and most beneficial aspects of being a CSA member is the direct communication with and knowledge of the farm you are supporting. These weekly newsletters are here to serve both of those aspects and we hope they are giving you a, shall we say, inside look at our farm. Since this week 5 serves as the quarter mark of the regular share season, we wanted to update you on what some of the veggies you will be seeing in future boxes are looking like and what we are doing to prepare them for harvest.

Sometimes it is fun for us to discuss what it would be like if no weeds grew on the farm. It would definitely save some frustration and headaches 😊 Each time we plant some new rows of vegetables, we are reminded of the absurdity of that possibility. As soon as those veggies are planted, the planning begins for which day is going to be weeding day (one of our crew's most favorite days as you can guess 😊). It usually falls on a Friday as harvesting, washing, packing, etc. is at a minimum and maintenance items, like weeding, can take center stage. One of the weeding projects we started this past Friday and will continue in the coming weeks is weeding all the wonderful carrot rows. The picture to the right shows some members of our dedicated crew weeding those beautiful carrots!



One of the biggest projects that we began around the end of week 3 and are continuing over the next couple of weeks is preparing the high tunnels according to their vegetables' needs. Our bell peppers reside in one of our high tunnels. These went in only a few days after we harvested the last share vegetables. At first, they are slowly sprouting above the ground. However, the gourds, like bell peppers, are growing in a steady, fast atmosphere in the high tunnels. As place, stakes are driven in the pepper plant rows every couple of feet. A string is then tied on each side of the row so that the pepper plants are sort of walled in and continue to grow in an upward motion instead of falling over. This stake driving and string tying has been in full swing this past week and some crew members will be finishing it this week. Check out the picture above to see what the pepper plants looked like 3 weeks ago and what they look like now!



Then: 3 weeks ago.



Now: Week 5.

because once they start producing large peppers, they cannot always support themselves. This causes them to bend, or fall over, and cover the ground. Yields can be affected in dramatic ways when this happens. To avoid this bending, stakes are driven in the pepper plant rows every couple of feet. A string is then tied on each side of the row so that the pepper plants are sort of walled in and continue to grow in an upward motion instead of falling over. This stake driving and string tying has been in full swing this past week and some crew members will be finishing it this week. Check out the picture above to see what the pepper plants looked like 3 weeks ago and what they look like now!

There have been and are several other "projects" going on around the farm on an almost daily basis. The large tomatoes in one high tunnel and the cherry tomatoes in the other high tunnel are looking great and the crew is doing a great job at taking care of them. The cherry tomatoes in particular have been worked with little more over the past couple of weeks as some are ready to harvest. Cherry tomatoes, as well as our large tomato plants, must be "trained." Training tomato plants involves wrapping the lead vine of each plant around a string hanging from bars in the high tunnel. This training serves a similar purpose to the stakes and string of the bell pepper plants; it helps the plants grow up. This training has really helped as the plants are growing up and look wonderful!!! The high tunnels, though they require much labor, are not the only things receiving attention over these coming weeks. Lots of weeding, planting, cultivating, and many more activities are happening on a regular basis around the farm too!!

GREENS SHARE

For those of you who purchased the Greens share, they will be starting this week, July 16th and 18th!

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WHAT'S IN THIS WEEK'S BOX???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- Basil
- Cucumbers
- Giant Kohlrabi
- Red Leaf Lettuce
- Scallions
- Summer Squash
- Swiss Chard
- Zucchini
- Cherry Tomatoes OR Beans
OR Tomatoes
- Beets OR Radishes



Swiss
Chard

We knew we needed to touch on swiss chard for this first week of harvesting it because it is one of the least known veggies (at first) of our CSA. Let's just say you don't see swiss chard on most grocery lists 😊 It's actually too bad because swiss chard ranks only second to spinach in many health food circles as the healthiest vegetable! One important thing to remember about chard, **DO NOT WASH IT BEFORE YOU USE IT**. Only rinse under cold water right before you are going to eat it. Washing it before that can ruin the leaves (which is what you eat)!



GIANT Kohlrabi

Yes, there is such a thing as giant kohlrabi!! Many people think that the bigger the kohlrabi bulb, the "woodier" it will taste. For this variety of Kohlrabi however, they are supposed to be gigantic and does not taste any "woodier" because of its size. Our giant kohlrabi is on the little end of gigantic but when researching "giant kohlrabi," WOW, there are some big varieties out there. They say some can get up to 10lbs. Now that would be a site to see!

REMINDER MESSAGE: WHICH SIZE BOX SHOULD I TAKE?

With greens shares starting and fruit shares being a possibility any week, we thought it might not be a bad idea to give a quick refresher on the different size boxes that you could and will see at your site. Taking the correct size box is very important as each member is expecting a certain size box with a certain amount of veggies for their household each week. One other very important thing to remember is that if you have someone else pick up your box for you, please make sure they know what size box they are supposed to grab. Look at the picture below to see which box is which!

Full Share

The biggest box.
It is labeled in the corner with
1 and 1/9 BU.

Fruit Share

Different boxes based on fruit.
**Labeled with member's name who
purchased the fruit.**
Not all sites will have them each
time.



Half Share

The medium box.
There are more of these at every site.
It is labeled in the corner with
3/4 BU.

Greens Share

The smallest box.
Some sites do not have them.
It is labeled in the corner with
1/3 BU.

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RECIPES III

Each week we are scavenging Facebook, Pinterest, blogs, books, and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe, or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

3-Minute Swiss Chard

Ingredients:

- 1 lb **Swiss chard**, chopped
- 1 medium clove Chopped Garlic
- 1 tsp fresh lemon juice
- 3 TBS extra virgin olive oil
- salt and black pepper to taste

Optional:

- 6 kalamata olives
- 1/2 cup feta cheese
- 1 tsp soy sauce

Method:

1. Chop garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Use a large pot (3 quart) with lots of water. Make sure water is at a rapid boil before adding Swiss chard.
3. Cut off tough, bottom part of Swiss chard stems.
4. Add the chopped leaves to the boiling water. Do not cover. Cook for 3 minutes; begin timing as soon as you drop the Swiss chard into the boiling water.
5. Place in colander and press out excess water.
6. Transfer to serving dish and toss with rest of ingredients while it is still hot.
7. Using a knife and fork, cut Swiss chard into small pieces for better flavor.

Serves: 2.

Found on whfoods.com

Easy Chocolate Zucchini Cake

We thought that a dessert recipe would be a great treat for this week and what is better than zucchini bread or, in this case, cake!!

Ingredients:

- 1/2 cup (4 ounces) butter, softened
- 4 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup sour cream
- 1 chocolate fudge cake mix with pudding in the mix, about 18.25 ounces
- 1/2 teaspoon ground cinnamon
- 1 medium **zucchini**, shredded, about 1 1/2 cups shredded
- 1 cup semisweet chocolate chips
- 1 cup chopped pecans or walnuts

Method:

1. Grease and flour a 12-cup Bundt cake pan or 10-inch one-piece tube cake pan. Heat oven to 325° (350° for a light-colored pan).
2. In a mixing bowl with electric mixer, beat the butter until light; beat in eggs and flavorings. Beat in the sour cream and cinnamon, then slowly beat in the cake mix. Stir in the zucchini, chocolate chips, and pecans.
3. Spoon the batter into the prepared pan and bake for 40 to 50 minutes, or until a toothpick or cake tester comes out clean when inserted in the center of the cake. Cool on a rack for 15 minutes. Invert the cake onto a serving plate to cool completely. Frost the cake or dust with powdered sugar.

Found on about.com