

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

GENERAL INFO

Sep. 3rd/Sep. 5th --- Full/Half Shares: Week 12
Sep. 3rd/Sep. 5th --- Greens Shares: Week 8

As we head out of week 11 and into week 12, we are excited as the weather is looking like it is going to be a lot more cool and the chances of rain is slightly higher! Both the slicing tomatoes and cherry tomatoes are still looking good, though a lot of water was needed last week, and the pepper house is starting to produce delicious colored peppers which you will start seeing in your box!! As we are heading to the $\frac{3}{4}$ mark of the season, we noticed that there was some info that we wanted to share with everyone. Because of the multiple fruit order this week, we thought this week in particular would be the best one to use the newsletter to pass along some of this information so that it is all in one condensed place with easy access. Read below carefully for some general information on some important items in the CSA.

FRUIT SHARE

If you ordered any fruit, peaches, nectarines or grapes, your fruit will be available this week along with your normal, regular share. Your box(es) will be labeled with your name on it so please only take the box(es) with your name on it!

Winter Storage Share

As many of you have been requesting more info about the winter storage share, we thought it would be a good idea to include some more details about it in this newsletter. The winter storage share consists of two pick ups. The first pick up is usually the week or so after the regular shares end, then there is one week off, and then the 2nd, and final, pick up takes place. Pick up time, spot, and instructions are the exact same as the regular season. The winter storage share can consist of fall, root type veggies like carrots, potato varieties, onion varieties, squash varieties, beets, radishes, and even some greens plus more! Each pick up can consist of 4-7 boxes worth 40-70 pounds of food. The winter storage share is an abundant amount of food so make sure that you are ready to use and/or store the veggies when you get them. We will send out some tips on the different veggies and how to store them when you receive them. If you wish to sign up for one, please send in a new enrollment form with payment or just include your name, site, and a note about wanting to purchase a winter storage share on a piece of paper with payment. Don't hesitate to email if you have any more questions!!

Annual Pot Luck

We are planning the annual pot luck for, tentatively, the last week in September. We have not solidified this yet but will be sending out an email with more information and a solid date later this week. Look for that email if you are interested in attending!

Egg Share Survey

Each year we have many requests for our farm to deliver a weekly egg share with our offerings. For quite a few years we have been waiting to start a new organic, free range flock of brown egg laying chickens. We miss having the birds around like we used to. The pricing is yet to be determined but will be comparable to similar egg prices and we are looking into offering a dozen share and possibly a $\frac{1}{2}$ dozen share for every week. Though we have in mind many of the specifics of the share, we wanted to ask you, the members, first to see what sort of interest we received back. There are 3 answers we are looking for to see how to proceed, so if you could reply about the egg share with one of the below options, that would be very helpful.

1. I am definitely interested and would most likely buy an egg share if it was offered.
2. I am interested but cannot say if I would purchase an egg share.
3. I am not interested in an egg share.

Your response is greatly appreciated and will help in determining many factors including the size of the flock plus how much time, labor, and money must be accounted for.

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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.

- Bell Pepper
- Carrots
- Cherry Tomatoes
- Curly Kale
- Greens Mix
- Jalapeno Pepper
- Red Slicing Tomatoes
- Sweet Orange Conical Pepper
- Watermelon
- White Onion

Sweet Orange Conical Pepper

Conical peppers are very similar to the normal bell peppers most of us are used to eating. However, cone peppers are usually either of a hot or sweet variety. The orange conical pepper you will receive this week is of the sweeter variety.

It can be used in many different dishes including salad, salsa, a stir fry, and much more! Peppers are one of the easiest veggies to use in cooking and bring certain health benefits that should not be ignored!!



Jalapeno Pepper

Hot and spicy!! The Jalapeno, best known for the added kick it brings to any dish, is a beloved type of pepper around the world! The outside of a Jalapeno pepper is actually sweet and similar in taste and texture to a regular green bell pepper. It's the inside that is dangerous 😊 The seeds of a jalapeno are what makes it hot, hot, hot! If you wish to still eat a jalapeno but not burn your mouth as much, just take some of the seeds out for a milder taste. If any part of the jalapeno is red, it just means that the pepper is slightly riper than normal. It is still great to eat and just as enjoyable!



Greens Mix

A variety of greens mix made up of different asian greens mixing a slightly mild flavor with a kick! The bright yellow leaves are the mustard leaves that give it an added kick while the purple and other green leaves are a variety of asian greens. Greens mix is a great salad stuffer, burger topper, or can even be used as a garnish!

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RECIPES!!!

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!

Pico de Gallo

It's hard to have an onion, a tomato, and some variety of pepper sitting in front of you and not make Pico de Gallo! Plus it's easy! Yay!!

Ingredients:

- 1 1/2 cups seeded, diced **tomatoes**
- 1/4 cup diced red **onion** (white should work)
- 1 tablespoon diced **jalapenos**
- 1 tablespoon minced garlic
- Juice of 2 limes
- 2 tablespoons cilantro, plus extra for garnish
- Salt and pepper

Method:

1. In a bowl combine all ingredients.

This recipe yields 2 cups.
Adapted from Foodnetwork.com

Buttery Cooked Carrots

Butter, sugar, and carrots in an easy recipe? What's better??? Go light on the sugar and go for organic butter to make it healthier!!

Ingredients:

- 1 pound baby **carrots**
- 1/4 cup margarine
- 1/3 cup brown sugar

Method:

1. Cook carrots in a large pot of boiling water until tender. Drain off most of the liquid, leaving bottom of pan covered with water. Set the carrots aside.
2. Stir margarine and brown sugar into the water. Simmer and stir until the margarine melts. Return carrots to the pot, and toss to coat. Cover, and let sit for a few minutes to allow flavors to mingle.

This recipe's ingredients serve 4.
Adapted from allrecipes.com