

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 14: September 16th/18th

Reminder Week

As the season is coming up on the three quarters mark, we thought it would be beneficial to remind all of our members of some weekly items, plus some upcoming opportunities.

Weekly Box Return

Remember, the CSA boxes your produce comes in each week are reusable. If you have any sitting around the house/garage/workplace, don't hesitate to bring them all back this week! We are always looking to reuse the boxes!

Wholesome Harvest Annual Pot Luck

When: September 27th, 2014 (Saturday)

Time: Late lunch at 1:30pm

Activities: Potluck Lunch, Tour of the farm, Hay Fort, and recipe contest plus a great chance to mingle with fellow members and ask questions!

What to Bring: A dish to pass, chairs for you and your family, and drinks for you and your family.

RSVP to veggies@wholesomeharvestcsa.com if you plan to attend!

Winter Storage Shares are still available!

The last share of the season available for purchase is the winter storage share. The share costs \$125.00 and consists of two bulk deliveries in November. When we say bulk, we mean it☺ You will receive anywhere from 40-70 pounds of food each delivery. Some of the veggies that make up the share are squash varieties, onion varieties, potato varieties, turnip varieties, beets, carrots, cabbage varieties, some hearty fall greens and others! The winter storage share is a perfect way to extend the season and preserve a little fresh, local produce for the winter. If you are interested in purchasing a winter storage share, please email us at veggies@wholesomeharvestcsa.com.

What's in your box?

This list is tentative and subject to change. The official list will be updated continuously on our website's homepage.

Full Shares/Half Shares

- * Spaghetti Squash
 - * Yellow Onion
 - * Carrots
 - * Lettuce Mix
 - * Bell Pepper OR Conical Pepper
 - * Cherry Tomatoes OR Heirloom Tomatoes
 - * Slicing Tomatoes
 - * Paste Tomatoes
 - * Green Beans
 - * Swiss Chard
 - * Red Radishes
- ### Greens Share
- * Collard Greens
 - * Swiss Chard
 - * Spinach



Left: A bed of the beautiful rainbow swiss chard you will find in your box this week!

Right: The sunny color orange conical sweet pepper. These peppers can come in various colors including green, red, and shades of yellow-orange.



What are all these veggies in my box?

Onion: You will receive a yellow variety of onion this week! Onions should be stored in a dry, cool, and preferably dark place.

Carrots: The carrots you will find in your box this week will be topped. We were able to try a great cleaning machine to wash them this week!

Cherry Tomatoes OR Heirloom Tomato: You might see red, yellow, or the orange variety or a mixture of them all in your box. If you do not see cherry tomatoes, you will see a very large heirloom tomato variety or a couple smaller tomatoes of a different variety. Heirlooms are quite soft at times and should be eaten as soon as you can enjoy them.

Tomatoes: The normal red slicing tomatoes will be in your box again this week. These tomatoes, along with the other kinds you will receive, can be stored in the refrigerator to keep them fresh and cool!

Paste Tomatoes: Everyone will also receive several paste tomatoes. These should also be stored in the fridge.

Spaghetti Squash: Another week of spaghetti squash! Squash should be stored in a cool, dry place. If stored properly, squash can last up to a couple of weeks or more!

Pepper: You will see either a bell variety pepper in your box or a sweet conical pepper variety. The sweet conical peppers are longer and more slender than their bell cousins. They could be either yellow, red, or orange. The bell peppers could be red, orange, green, or possibly yellow.

Green Beans: The bean planting is on its last leg but we are so glad we could get this week and maybe one more out of it. Green beans can be stored in a plastic, breathable bag in the fridge.

Lettuce Mix: This is the larger leaf mix you received earlier in the season. It is great for any salad or as a topping on any sandwich!

Swiss Chard: These are the big dark reddish leaves with colorful stems in your box. Swiss chard is thought to be in the top five most healthiest vegetables for us! It should be stored in the fridge and kept as dry as possible.

Red Radish: These radishes are the salad radishes you can find more commonly. They do have a little zing to them at the end. They can be cooked or added raw to any type salad!

Ingredients:

- 2 whole spaghetti squash
- 1/4 cup extra-virgin olive oil
- Gray salt and freshly ground black pepper
- 4 cups prepared (jarred) marinara sauce

Preparation:

1. Preheat the oven to 450 degrees F.
2. Split the squashes in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.
3. Meanwhile heat the marinara sauce in a large saute pan.
4. When squash is cool enough to handle, using a large kitchen spoon scrape the strands of squash from the inside of the skin. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot. Serve and enjoy.

Spaghetti Squash with Marinara

Servings: 8; Adapted from foodnetwork.com

Potato Salad With Bacon, Olives, and Radishes

Ingredients:

- 5 potatoes
- 1 pound bacon
- 2 stalks celery
- 4 small green onions
- 12 stuffed green olives
- 5 radishes
- 1/4 cup mayonnaise
- 1 tablespoon lemon juice

Preparation:

1. Wash and peel the potatoes and cut into 1/2 to 3/4 inch pieces. Bring a large pot of salted water to a boil. Add the potatoes and cook until tender but still firm, about 10 minutes.
2. Slice the bacon into small pieces and cook over medium high heat in a large, deep skillet until evenly brown. Do not overcook.
3. Chop the celery, green onions, stuffed olives and radishes into small pieces and put into a large bowl. Add the potatoes and bacon and mix together. Add the mayonnaise and lemon juice to taste, stir, and place in the refrigerator for a few hours to chill before serving. You may want to add a few sliced hard boiled eggs on top. ENJOY!!!

Servings: 5; adapted from allrecipes.com

Roasted Cherry Tomato Chutney on Squash

Ingredients:

- 1 2 - pound spaghetti squash, halved lengthwise and seeded
- 1 tablespoon olive oil
- Salt and ground black pepper
- 2 pints cherry and/or grape tomatoes
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- 1/4 cup chicken broth
- 1/2 cup chopped onion
- 1 8 - ounce container bite-size fresh mozzarella balls, cut up
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh mint
- Freshly grated Parmesan cheese

Preparation:

1. Brush cut sides of squash with 1 tablespoon of the olive oil. Sprinkle with salt and pepper. Place squash halves, cut sides down, in a large baking dish. Prick the skin all over with a fork. Bake, uncovered, in a 375 degrees oven for 30 to 40 minutes or until tender.
2. Meanwhile, place cherry tomatoes in a large bowl. Add the remaining 2 tablespoons olive oil, the minced garlic and salt to taste; stir well to coat. Place tomato mixture in a 15x10x1-inch baking pan. Bake in oven with the squash for the last 20 minutes.
3. In a large skillet, bring the chicken broth to boiling; add onion. Cook about 3 minutes or just until tender. Remove skillet from heat. Add roasted tomatoes to the skillet with the onion. Using a fork or potato masher, gently press down on tomatoes to pop their skin and release their juice. Add mozzarella, basil and mint to the tomato mixture; toss well.
4. Using a fork, remove the squash pulp from shell. Top squash with tomato mixture and Parmesan cheese.

Servings: 4; adapted from midwestliving.com