

Wholesome Harvest CSA

Week 11
August 18th/20th

Changes around the farm..

It's been a super exciting time around the farm this past month. A few weeks ago, one of the neighboring farms was kind enough to sell us some additional land to add to our farm. It's a huge blessing as we have been looking for additional land close to our farm for a very long time. This additional acreage will allow us to add items to the farm we have wanted to add for years such as blueberries, raspberries, and other goodies. This new land will also allow us the space to pasture more grazing animals. Over the next few months, before the snow starts to fly, we will be cleaning up line fences, putting up pasture fencing, and planting cover crops to get our new soil working organically and ready for next year's growing season.

One of the many things we have been looking to add to our farm over the years is pastured poultry, pork and beef. One of our favorite things growing up on our family farm was seeing how happy all of the animals were on the large, green pastures during the summer. At the time, we didn't know anything about pastured meat, or organic for that matter, it was just something we did. Now, 20 years later, it's exciting to bring something back from the past that provides a healthy and nutritious food source as well as give our animals a high quality of life.

Last week we welcomed six piglets as new additions to our farm. We always want to raise animals that thrive in organic and pasture based systems like ours. This fall we will be raising 15 pigs. The first six are 75% Berkshire/25% Yorkshire. The other 9 will be Red Waddles. These breeds are heritage breeds known for superior flavor and foraging abilities. Over the fall and winter we will be selling whole pigs, half pigs, and a 70lb. sampler box. Next year we plan to offer pork as a regular season share option. We are keeping busy with all these changes and excited for the next couple of months as we welcome so many new faces, or should we say snouts.

Box Description

- Another melon mania week!! The box will be heavy so pick up and carry carefully. Remember, the elongated, small melon in your box is the sun jewel melon (we promise it is not spaghetti squash☺). The red icebox watermelon is the dark green and round watermelon. This is the more traditional red colored watermelon.
- You will find gold potatoes in your box this week. The crew has been hard at work picking up potatoes this last week. We have a couple different varieties of potatoes, the gold you are seeing this week and the red potatoes you enjoyed last week.
- We guess it is another pepper mania week too! This week's pepper varieties are green bell, white bell, and some jalapenos! We found a quick and easy salsa recipe to use the jalapenos. We tried it on hamburgers and it was superb (we included it on the recipe page)!
- Our tomato house is revving up but is not quite there for full production. We have several varieties of heirloom tomatoes and the general red slicing tomatoes all ripening at different times. For this week, some of you will see a nice, juicy red slicing tomato while others will see a funky colored, delicious heirloom tomato.
- Along with potatoes, the crew has been staying busy cutting and storing onions. The first large white onions are arriving in your box this week!
- The summer squash crops are wrapping up their production cycle but we are happy for another great week of yellow zucchini and patty pan squash.

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

- 🍈 Cantaloupe
- 🥕 Carrots
- 🍅 Cherry Tomato OR Roma Tomatoes
- 🥔 Gold Potatoes
- 🫘 Green Beans
- 🌶️ Green Bell Pepper
- 🌶️ Jalapeno Pepper
- 🍈 Red Icebox Watermelon
- 🍅 Slicing Red Tomato OR Heirloom Tomato
- 🍈 Sun Jewel Melon
- 🌶️ White Bell Pepper
- 🍅 White Onion
- 🍆 Yellow Zucchini OR Patty Pan Squash

Greens Only Share

- Kale
- Green Basil

What's in the box??

Ingredients:

- 2 lb. green beans
- 2.25 tsp. salt
- 4 slice smoked bacon
- 1 medium onion

Method:

1. **Blanch the beans:** Prepare an ice bath. Bring a large saucepan of water to a boil. Add the beans and 2 teaspoons salt, and cook just until the beans turn bright green -- about 7 minutes. Drain the beans and plunge them into the ice bath until they're cool. Remove beans from the bath, and drain on a towel.
2. **Cook the bacon:** Add the bacon to a large skillet over medium-high heat and cook until golden brown and lightly crisp. Drain all but 2 tablespoons of the bacon fat.'
3. **Finish the beans:** Add the blanched beans, onion pieces, and remaining salt and toss to completely coat with the fat. Reduce heat to medium, and cook until the beans are warmed through and the onions have softened -- 4 to 5 minutes. Serve immediately.

Serves: 8
Adapted from delish.com

Quick & Simple Jalapeno Salsa**Ingredients:**

- 2 jalapeno peppers, chopped
- 1 large tomatoes, chopped
- 4 large, fresh basil leaves, cleaned and chopped
- 1 teaspoon lime juice (about a splash or so)

Method:

In a mixing bowl, mix all ingredients together
Serve!

Adapted from jalapenomadness.com

Great served on brats and burgers!!

Ingredients:

- 3 pounds yellow squash
- 1/2 cup chopped sweet onion
- 1 1/2 teaspoons salt, divided
- 1 cup grated carrots
- 1 (10 3/4-oz.) can reduced-fat cream of chicken soup
- 1 (8-oz.) container light sour cream
- 1/4 cup chopped fresh chives
- 1/2 cup crushed cornflakes cereal
- 1/2 cup crushed French fried onions
- 2 tablespoons melted butter
- 1/4 teaspoon freshly ground pepper

Method:

1. Preheat oven to 350°. Cut squash into 1/4-inch-thick slices; place in a Dutch oven. Add onion, 1 tsp. salt, and water to cover. Bring to a boil over medium-high heat, and cook 5 minutes; drain well, and pat squash dry with paper towels.
2. Stir together grated carrots, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl; fold in squash mixture. Spoon into a lightly greased 2-qt. oval baking dish.
3. Stir together cornflakes and next 3 ingredients in a small bowl. Sprinkle over squash mixture.
4. Bake at 350° for 30 to 35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20 to 25 minutes to prevent excessive browning, if necessary. Let stand 10 minutes before serving.

Serves: 10-12 Total Time: 1 Hr. 10 Min.
Adapted from myrecipes.com

Photogenic Pigs on Pasture



This little guy loves attention and was trying to eat the camera!



Above:
Bath Time!!!



Left:
This gal was a little more cautious of her photo op and stayed at a safer distance ☺