

Wholesome Harvest CSA

Week 7
July 21st/23rd

The changing seasons..

One of the main goals of any eating local idea, like the CSA model, is to bring back/amplify the concept of seasonal eating. Seasonal eating means we are dependent on the weather, climate, and environment of the location we live in for our food source. For all of us, this means we are dependent on Wisconsin weather. The Wisconsin growing season means enjoying an abundance of greens in the spring, summer staples like tomatoes, melons, and peppers, and fall classics like onions, potatoes, and squash during the fall months.

As we travel through this CSA season, you will see the effects of the different seasons within the overall CSA season. Remember when you were seeing two types of lettuces and a couple mixes in your box each week during the first couple weeks of the season? If you have noticed the last two weeks or so those green veggies like lettuce and lettuce mixes, plus others like broccoli, have become less while veggies like sweet corn, eggplant, cucumbers, beets and carrots have all made their presence known. This is all because of the seasonal changes in our environment. For example, as the weather turns to hot and humid, broccoli cannot grow and thrive in that sort of weather so the broccoli is done until fall weather returns.

You will continue to see more and more changes in your box as the weeks come and go. We are eagerly awaiting the maturation of the plantings of our tomatoes, peppers, melons and even colored carrots. There might even be a few early onion varieties coming along too! And as we get closer to harvesting all of those great veggies, we start to see the fall veggies mature more and more also!! There will be a few unknown vegetable varieties and many of the classics as we head deeper into these summer months. Enjoy!

Box Description

- The elongated and purple vegetable in your box this week is the Asian eggplant. The globe variety of eggplant is a little more well-known than this Asian variety but many people think the Asian variety has a much different taste. Store in the fridge until ready to use. Check out the recipes page for a simple recipe using the eggplant.
- The beets this week are the normal red/purple variety. The leaves will be on them. If you do not want to use the leaves, please remember to remove them before storing to keep the beet bulb as long as possible.
- This might be one of the last broccoli crops until fall. Broccoli does not like the heat of summer and does start to spoil sooner in hotter weather. We recommend using the broccoli as soon as possible.
- Our first crop of carrots is here! These carrots are your normal, well-known orange carrots. They can be cooked, eaten raw, and added to almost any meal. We have removed the leaves this time and will most likely be doing that throughout the year as we now have a barrel washer which allows us to wash the carrots using that particular wash type.
- The cabbage in your box this week is the well-known green variety. We have had this variety in a previous week so don't hesitate to look back at that newsletter if interested in checking out another recipe for cabbage.

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

-  Asian Eggplant
-  Basil, Green
-  Beans, Green
-  Beets
-  Broccoli
-  Carrots
-  Green Cabbage
-  SummerCrisp Lettuce
-  Yellow Summer Squash
-  Zucchini

Greens Only Share

-  Lettuce Mix
-  Swiss Chard
-  Parsley
-  Basil, green

What's in the box??

Ingredients:

- 2 tablespoons cooking oil, divided
- 3 small eggplants cut into long strips
- 2 cloves garlic, finely minced
- 1 red chile pepper, finely diced
- 1 tablespoon ginger, finely minced
- 1 stalk green onion, chopped
- 1 tablespoon soy sauce
- 1 tablespoon black vinegar
- 1/2 teaspoon sugar

Method:

In a wok or saucepan over high heat, add 1 tablespoon of the cooking oil and swirl to coat wok. When wok is hot, add eggplant in a single layer. Cook 1 minute and flip over each piece so they cook evenly. Cook another 2-3 minutes, flipping occasionally.

Push eggplant aside in wok and add 1 tablespoon cooking oil. Add garlic, red chile peppers, ginger and green onion. Stir these aromatics until they become fragrant. Combine aromatics with eggplant and stir fry for one minute. Add soy sauce, black vinegar and sugar and stir to combine all. Serve immediately.

Serves: 4 Total Time: 20 Min.
Adapted from Steamy Kitchen Blog

Basic Roasted Beets**Ingredients:**

- 3 medium beets (about 1 1/2 pounds)
- 1 tablespoon olive oil
- Salt
- Freshly ground black pepper

Method:

Heat the oven to 375°F and arrange a rack in the middle. Rinse the beets and trim off any leafy tops. Wrap completely in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 1 to 1 1/2 hours. Remove from the oven and let cool.

When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers.

Slice the beets, drizzle with olive oil, and season with salt and freshly ground black pepper.

Serves: depends on how many beets
Adapted from chow.com

Ingredients:

For the Dressing -

- 1/4 cup honey
- 1/4 cup vegetable oil
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon toasted sesame oil
- 1 tablespoon peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha sauce (optional)
- 1 tablespoon minced fresh ginger
- 1 large garlic clove, minced (about 1 1/2 teaspoons)

For the Slaw -

- 1 small head shredded green or white cabbage (about 1 quart)
- 2 large carrots, peeled and grated on the large holes of a box grater (about 2 cups)
- 1 red bell pepper, thinly sliced
- 1 cup cooked and shelled edamame
- 2 medium scallions, finely sliced on a sharp bias
- 1/2 cup chopped or whole salted peanuts
- 1/2 cup loosely packed chopped fresh cilantro

Method:

Combine all of the dressing ingredients in a medium bowl. Stir until the peanut butter is dissolved. Set aside.

Combine all of the slaw ingredients in a large bowl. Add the dressing and toss well. Let sit at least ten minutes so the vegetables have a chance to soak up the dressing. Taste and adjust seasoning with salt or Sriracha sauce if necessary. Serve cold.

Serves: 4-6 Time: 30 min.
Adapted from seriouseats.com

Pictures from around the Farm



SummerCrisp Lettuce

Asian eggplants mature and ready for harvest.



Above: Members of the crew hard at work harvesting green cabbage.



Zucchini plants in full bloom.