

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 20: October 28th/30th

A Wonderful Harvest

This week is the last week of pick-ups for all half shares, full shares, and green shares!!!

As this 2014 season winds down, we can't help but reflect back and be thankful for the wonderful season! It has definitely been an exciting and interesting year to say the least! We had some setbacks, like the brakes on the delivery truck going out ☹ and the cucumber plants dying unexpectedly; but we also had some great bounties, like the heirloom tomato plants producing abundantly and the chickens arriving safely and giving us fresh, nutritious eggs. We feel very blessed with everything that happened during this 2014 season!

We can't end the regular season without saying thank you to various groups!

To you, the members: Thank you for supporting our farm. Your interest in local produce, nutritious veggies, and family farms make the CSA concept thrive!

To our site leaders and back up site leaders: Thank you for volunteering your home or your workplace and your time to make this all possible. We truly appreciate everything you do for the CSA and our family!

To our wonderful crew: You all put in long, hard hours of work to plant, harvest, and deliver veggies each and every week of the season, sometimes in not so fun conditions! We are deeply grateful for all your hard work this year!

As we move into this last week of the regular share season, a couple important points to consider:

1. You can bring back any box(es) you have sitting around and the one(s) you pick up this week like usual. We will be delivering eggs and winter shares over the month of November and will be picking up any boxes left for us.
2. We do have a survey planned that we want to send out to get your feedback on some items. This will be coming sometime in the next month so look for that in your inbox.
3. A large number of you have been asking about the 2015 season already. We are working hard on getting that information out as soon as possible. The new 2015 enrollment forms should be up on our website in about 1-2 weeks. There will be a returning member discount available also.

As we are outside preparing the fields for the final weeks of fall and gearing up for next year, we can't help but feel blessed once again for this season and all that was accomplished! It was a bountiful and wholesome harvest☺!

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

- * Onion Variety*
- * Squash Variety*
- * Red Cabbage
- * Fennel OR Swiss Chard
- * Sweet Potato Fingerlings
- * Broccoli OR Cone Cabbage

* Kale

Greens Share

- * Lettuce Mix
- * Spinach
- * Collards OR Kale

Note: See page 2 explanations for *



One of our favorite and most exciting additions this year were our Red Hy-line laying hens! They have adapted well and are loving their outdoor and indoor living spaces!!

What are all these veggies in my box?

Onion: You all will receive an onion in your box this week. It will be either red, yellow, or a white variety.

Kale: You will all receive several leaves of kale in your box this week. Remember, kale can be stored in the fridge and should be kept dry until ready for use.

Fennel OR Swiss Chard: Half of you will be receiving a fennel bulb in your box this week while the other half will receive swiss chard. Fennel is a white bulb that tastes like black licorice with long stem like leaves called fronds. Swiss chard, like kale, should be kept dry until ready for use. Both can be stored in the fridge.

Squash Variety: Many of you will be receiving butternut squash while others will receive either acorn or carnival. We have a good mixture of all of them left and are glad to be able to give them all out for another week. Remember, squash can last quite a while if stored in a cool, dark, and dry place.

Red Cabbage: The red cabbage you will be receiving this week is the “purple” cabbage shreds seen most often in coleslaw or similar dishes. This red cabbage is great in any stir fry dish and would make a great addition to any fish taco dressing!

Broccoli OR Cone Cabbage: We were very excited to be able to harvest some great broccoli heads again this week. They are slightly smaller than past weeks but still taste great and can be added to any dish you like! For those of you who are not receiving cabbage, you will see a cone cabbage in your box. This variety of cabbage is similar in taste and texture to the normal green cabbage but its shaped like a cone!!

Sweet Potato Fingerlings: These sweet potatoes are the normal variety of sweet potatoes that we grow just smaller in stature. Though we harvested many large, normal sized sweet potatoes, we also were able to dig up many small, fingerling potatoes. These are just as delicious and we did not want to see them go to waste so we are excited to be able to give them out. They will be very hard to peel so look for recipes that allow you to keep the skin on. Look at the recipe below for our recommendation on how to use them! Give them a good scrub, dice them up, and you can add them to many different dishes!

Baked Sweet Potato Fingerlings

Ingredients:

- Sweet potato fingerlings
- Extra virgin olive oil and/or butter
- Salt
- Optional: cinnamon, garlic salt, paprika

Preparation:

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Scrub and wash sweet potato skins. Dice sweet potatoes into little coin sized pieces.
3. Toss diced sweet potatoes with salt and olive oil (or an olive oil/butter mixture) until well coated.
4. This is where you can add any other spices you want on your sweet potatoes.
5. Bake for 25+ minutes or until tender. Broil an additional 3+ minutes if you want crispier skins!

Roasted Fennel with Parmesan

Ingredients:

- 4 tablespoons olive oil
- 4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved
- Salt and freshly ground black pepper
- 1/3 cup freshly shredded Parmesan

Preparation:

1. Preheat the oven to 375 degrees F.
2. Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Servings: 4-6; adapted from foodnetwork.com

Red Cabbage Slaw

Ingredients:

- 1/2 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice
- 1/2 small red onion, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 1/4 cup fresh basil leaves
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon honey
- 1/2 cup canola oil
- Salt and pepper
- 1/2 head red cabbage, finely shredded

Preparation:

1. Combine all ingredients, except cabbage, in a blender and blend until smooth. Season with salt and pepper, to taste. Place cabbage in a large bowl and toss with the vinaigrette. Season with salt and pepper and let sit 30 minutes in the refrigerator before serving.

Servings: 4; adapted from foodnetwork.com