

Wholesome Harvest CSA

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The Hens have Arrived!

The beginning of week 3 has been quite hectic around here to say the least! Apart from the normal Monday harvesting and washing campaign that the crew does, we also are preparing for the arrival of our hens!

Though we have done eggs in the past on a smaller scale, we are much more excited about them this time around because we got to offer them to you, our members! We have been staying quite busy with everything chicken as we have waited for the delivery. Besides the usual construction, supply orders, and countless discussions, we have also been working on the organic certification process that must take place as the hens switch to our ownership!

As the hens get comfortable in their new home this week, we will be continuing our smaller projects that are related to the chickens while keeping up with our usual day-to-day items around the farm.

We feel blessed to be able to raise these chickens and we are very excited to get to deliver our eggs to our egg share members next week!

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.

- * Basil
- * Broccoli
- * Green Cabbage
- * Green Kohlrabi
- * Lettuce Mix
- * Oak Leaf Lettuce
- * Scallions

Chicken Shed Pics

To give you some visual on where Wholesome Harvest Farm's chickens are going to be living, look at the pictures below. The pic on the left shows the outside of the chicken shed while the picture on the right shows the beginnings of their nest boxes and automatic water system going in over the past couple of weeks!



What are all these veggies in my box?

Basil: You will find a few sprigs of basil in your box this week. This basil is the traditional green basil and can be stored like fresh cut flowers; stems trimmed, put in a jar with some water, and then left out on the table/counter. Covering it with a Ziploc bag is also helpful.

Broccoli: Another round of broccoli this week! This is actually our best broccoli year in a while so we are very thankful for so many good heads of it for these first couple of weeks!

Green Cabbage: Our first cabbage harvest of the year is a great one! The green cabbage is the large, light green ball in your box! Cabbage should be stored in the fridge in a plastic bag or tupperware to avoid spoilage. If stored correctly, with minimum air exposure, cabbage can last up to 2 weeks.

Kohlrabi: Kohlrabi grows great in almost all types of weather but early spring is one of its best seasons, hence, you will find it in your box again.

Lettuce Mix: This mix of a variety of baby leafy greens is in the plastic bag you will find in your box. This type of lettuce mix is good with almost any type of salad and should be stored in the fridge.

Oak Leaf Lettuce: This head lettuce contains a very nice color combination of green and red. The body of the lettuce leaves are mainly red with a splash of green while the bottom of the leaves, the root/base of the leaves, are more green.

Scallions: The scallions this week are huge and tasty! Remember, you can use the whole scallion, white bulb to green stem, for a satisfying additive to almost any dish.

Farm Favorite: Quick Meal Cabbage with Ham and Sesame Seeds

Adapted from page 44 of *Asparagus to Zucchini*

Ingredients:

- * 2 Tbl. Olive oil
- * 2 tsp. minced garlic
- * ½ tsp. hot red pepper flakes
- * ½ cup ham (diced, cubed)
- * 6-8 cups shredded cabbage
- * ½ cup chicken or vegetable stock (or water)
- * Salt and pepper to taste
- * Lemon Juice to taste
- * Toasted sesame seeds

Preparation:

1. Heat oil, garlic, and pepper flakes in large skillet. Add ham, saute 1 minute. Add cabbage. Stir in stock, cover, and simmer hard until most of the stock is absorbed and cabbage is wilted and tender (about 5-10 minutes).
2. Add salt, pepper, and lemon juice.
3. Garnish with sesame seeds.

Salad Turnips Sautéed in Butter with Scallions

Ingredients:

- * 2 Bunches Salad Turnips
- * 2 Cloves Garlic
- * 1 or 2 Tbsp Butter or Oil
- * Salt & Pepper
- * Diced scallions

Preparation:

1. Slice the salad turnips into thin half-moons, and mince or crush the garlic.
2. Melt the butter (or heat the oil) in a medium sized frying pan.
3. Sauté the salad turnips & garlic until they are a light golden color (cover the pan if you like).

***Quick and easy recipe that uses the scallions in your box.

Adapted from northamptontuesdaymarket.com

Orange Almond Mixed Green Salad

Ingredients:

- * 3 tablespoons canola oil
- * 1/4 cup red wine vinegar
- * 2 tablespoons white sugar
- * 1 tablespoon lemon juice
- * 1/2 teaspoon salt
- * 1/2 teaspoon dry mustard
- * 1 head red leaf lettuce, torn
- * 1 (11 ounce) can mandarin oranges, drained
- * 1/4 cup slivered almonds, toasted

Preparation:

1. Combine canola oil, vinegar, sugar, lemon juice, salt, and dry mustard in a jar with a lid. Shake until ingredients combine into a dressing.
2. Toss lettuce, oranges, and almonds together in a large mixing bowl. Drizzle dressing over the salad and toss to coat.

***We substituted stevia for the sugar to make it a healthier option. We also added a few additional veggies so don't hesitate to add to your salad!

Adapted from allrecipes.com