

Wholesome Harvest CSA

Fort Atkinson, WI – veggies@wholesomeharvestcsa.com – www.wholesomeharvestcsa.com – Issue 19: October 21st/23rd

End of Season Info

This week, October 21st and 23rd, and next week, October 28th and 30th, are the last two pick-ups for the regular season shares. These shares include the full share, half share, and greens share. If you have any of these shares, you have two pick-ups left! As this 2014 regular season is winding down, we have some important info we need everyone to be aware of so please read all info below carefully!

1. If you have any boxes sitting around, don't forget to drop those at your pick-up site. We want to take those off of your hands now so you don't get stuck with a pile of boxes on garbage day ☺
2. There are still winter shares left! They will only be available for another week or so. The first winter share drop off is tentatively scheduled for the first week of November. Emails will be sent out regarding winter shares in the next 10 days or so. Please watch for that if you purchased a winter share!
3. Egg share members, please remember you will be going 6 weeks additional to make up for the late start! Things will be changing slightly for the week of Thanksgiving. We will be sending out an email about Thanksgiving week and the dates for the remaining egg share weeks within 10 days or so also.
4. We know many of you have been asking about apples as we have had them in the past! We have been in contact with multiple Midwest farms that we have partnered with in the past to get apples from but none of them had the quantity and/or the variety we were looking per membership communication. So unfortunately, at this point, we won't have any apples this year ☹



LEFT: Daikon Radishes come in varying sizes and lengths!

ABOVE: Collards are large green leaves packed with nutrients!! The leaves can be very large and can be used as a fan if needed ☺

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*
- * Green Cabbage
- * Watermelon Radish OR Purple Top Turnip
- * Daikon Radish
- * Broccoli
- * Pepper Variety*
- * Collards

Greens Share

- * Lettuce Mix
- * Collards
- * Spinach

Note: See page 2 explanations for *

What are all these veggies in my box?

Onion: Most of you will be receiving a red variety of onion in your box this week. We grow two varieties of red onions, the more traditional round red onion and, what we call, a chef onion. These chef onions are more slender and long than the traditional round red onion.

Pepper Variety: You will all be receiving either a conical pepper or bell pepper in your box this week.

Watermelon Radish OR Purple Top Turnip: You will all be receiving either a purple top turnip or watermelon radish in your box this week. Both of these can be stored in the fridge with their leaves removed if you do not use them right away.

Squash Variety: We were very frustrated and sad to see a large portion of our butternut squash freeze with one of those first frosts about two weeks ago ☹️ Luckily, we planted a huge amount of them so we have some that survived that first frost and look delicious! Butternut squash is one of the most delicious and enjoyed of the winter squash because of its rich and creamy texture and taste. For those of you who do not receive butternut squash, you will receive carnival squash.

Green Cabbage: Good 'ol green cabbage! This variety of cabbage is one of the most widely used varieties of cabbage. It can be used in many different dishes and can also be used to make sauerkraut! Store in the fridge!

Broccoli: Another great week of broccoli!! The heads can range from small to large with most being medium size. This is because the cooler weather of fall starts to dampen, or slow, the growth of some plants more than others.

Collards: Collards are the big, green leaves you will find in your box this week. Collards actually come from the same vegetable family as cabbage. Many people believe that the most healthiest way to eat collards is to steam them. Collards can be stored for a couple days by putting them in the fridge in a plastic bag with as much air removed as possible.

Daikon Radish: The daikon radish is the long white looking stem in your box. Daikon radishes, or Daikons for short, are an Asian variety of radish that is often used in Asian cuisine. They come in varying sizes with some varieties growing up to multiple feet long and several inches wide! We do wash the daikons but do not scrub them to avoid bruising/chaffing the outer layer. Please don't hesitate to give them a good scrub before you use them though to get any remaining dirt off of them!

Roasted Lemon Garlic Broccoli

Ingredients:

- 2 heads broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1/2 teaspoon lemon juice

Preparation:

1. Preheat the oven to 400 degrees F (200 degrees C).
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

Servings: 6; Adapted from allrecipes.com

Caramelized Butternut Squash

Ingredients:

- 2 medium butternut squash (4 to 5 pounds total)
- 6 tablespoons unsalted butter, melted
- 1/4 cup light brown sugar, packed
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

Preparation:

1. Preheat the oven to 400 degrees F.
2. Cut off and discard the ends of each butternut squash. Peel the squash, cut them in half lengthwise, and remove the seeds. Cut the squash into 1 1/4 to 1 1/2-inch cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt, and pepper. With clean hands, toss all the ingredients together and spread in a single layer on the baking sheet. Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.

Servings: 6-8; adapted from foodnetwork.com

Roasted Daikon Radish, Carrots and Peppers

Ingredients:

- 1 bunch daikon radishes (3 daikons), scrubbed and sliced into 1/4-inch rounds
- 4 carrots, peeled and cut into 1/4-inch rounds
- 1 red bell pepper, thinly sliced
- 1 shallot, thinly sliced
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste
- 1/4 cup balsamic vinegar

Preparation:

1. Preheat the oven to 400 degrees. Combine the daikon, carrots, red peppers, shallot and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice until tender.
2. Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes. Toss well and then transfer to a serving bowl.
3. Enjoy!

Servings: 6; adapted from sarahscucinabella.com