

Wholesome Harvest CSA

Week 16

September 22nd/24th

Typical Friday and some Reminders...

As the leaves are changing and the cooler, fresh air is moving in, here at the farm, we are using every last bit of the daylight to do our normal activities while also preparing fields, sheds, hoopouses, and many other items for the upcoming winter months. One of the busiest days in terms of winter prep as the season nears the end is Fridays.

Early in the season, around May, June and July, Fridays are usually spent planting the next batch of seeds in the greenhouse, or prepping fields for planting, or planting the small transplants in the field. Those early Fridays are spent preparing everything to be ready for right now, the fall. As the season moves along, Fridays become more and more about maintenance and prepping for winter. For example, this coming Friday has big plans for tilling the buckwheat on many of our fields under and replacing it with the next cover crop which will stay on the fields during the cold winter months. Fridays, and the weekends, are invaluable but especially during this time of the year as we continue with our season and prepare for the next one!

As there are only 5 weeks left in this 2015 season, we thought we would do a few friendly reminders about certain items.

1. Boxes: Are you getting a pile of boxes congregating in your garage or kitchen? No problem! You still have plenty of time to bring any and all boxes you may have laying around back to your pick-up site when you grab your weekly CSA box.
2. Winter Storage Shares: The winter storage share allows you to continue with local produce well into the winter months. With two bulk deliveries, this share is full of fall goodies and even some hearty greens!

Box Description

- This week's winter squash is of the kabocha variety. There are actually several types of kabocha squash but the general term is kabocha. This kabocha squash has a dark orange skin with some green spots possibly. The kabocha squash has an orange colored flesh which is quite sweet and nutty in flavor. Like most squash, the simplest and tastiest way to eat the squash is halving it, cooking it, and then sprinkling it with your favorite spices ☺
- There will be two different onion varieties in your box this week. Everyone should see either gold or red Cipollini onions and then one other variety of onion, either yellow or white.
- Cabbage is making its own comeback this week! This cabbage is the good 'ol green cabbage variety that tastes great, stores great, and can be used in many different recipes.
- Lettuce mix and spinach will make an appearance this week again.
- We are very excited for the lunchbox peppers in the box this week. Lunchbox peppers are mini peppers that look like miniature bell peppers. They are great for dipping in dill dip or cut up and put into tacos!
- This week's box will feature toscano kale which is also known as dinosaur kale because of the rough texture of its leaves.
- More tomatoes this week also!!

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

- 🍅 Kabocha Squash
- 🍅 Onion Variety
- 🍅 Cipollini Onions
- 🍅 Green Cabbage
- 🍅 Lettuce Mix
- 🍅 Spinach
- 🍅 Lunchbox Peppers
- 🍅 Dinosaur Kale
- 🍅 Slicing Tomatoes OR Cherry Tomatoes
- 🍅 Conical OR Bell Pepper

Greens Only Share

- 🍅 Lettuce Mix
- 🍅 Swiss Chard

What's in the box??

Ingredients:

- 1 head green cabbage, quartered, cored, sliced into 1/2 inch strips
- 3 tablespoons canola oil
- 1 teaspoon kosher salt
- 1 teaspoon sesame oil
- 1/4 cup mirin
- 2 tablespoons rice wine vinegar
- 2 teaspoons soy sauce
- 1/2 teaspoon red chili paste

Method:

1. Preheat the oven to 500°F. It will take a while.
2. Scatter the cabbage on a large baking sheet and toss with the oil. Roast for 15 minutes. Stir with a spatula. Roast for another 15 minutes.
3. Meanwhile, mix together the sesame oil, mirin, rice wine vinegar, soy sauce, and red chili paste.
4. Toss the cabbage with the sauce and serve.

Adapted from seriouseats.com

Crispy Kale Chips**Ingredients:**

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

Method:

Preheat the oven to 275 degrees F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

Servings: 4 Total Time: 45 Min.
Adapted from foodnetwork.com

Ingredients:

- small kabocha squash
- 3 tablespoons light brown sugar (plus more for sprinkling)
- 1/4 teaspoon cayenne (or hot chili powder)
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 1/2 teaspoons soy sauce
- 1 tablespoon sesame oil

Method:

Preheat the oven to 400°F Line a baking sheet with a silicon baking liner or parchment paper.

De-seed and cut the squash into slices about 1/4 inch thick.

Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again.

Spread the slices in a singler layer on the baking sheet and drizzle them with the oil.

Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes.

Serve hot or at room temperature.

Total Time: 30 Min.
Adapted from food.com

Pictures from around the Farm



Left:

A bin full of acorn kabocha squash. This kabocha squash is the sunshine variety and is bright orange in color!

Right:

A green cabbage plant in full maturity. The actual cabbage bulb is inside all of those beautiful layers of outer leaves.



Left:

These lunchbox peppers are delicious and make for a great snack or as an addition to a salad!