

Wholesome Harvest CSA

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What's with all this lettuce??

You probably have noticed that you are eating quite a lot of lettuce over these first couple of weeks of this CSA season. This is because most lettuce varieties, including lettuce mixes, love the cooler weather of the spring and early summer. Though lettuce is grown and can thrive in the heat of summer, most varieties crave the coolness of these past couple of months.

You probably have also noticed that lettuce is one of your CSA veggies that can start to spoil a lot sooner than others. This is because of the makeup of the greens plus the absence of any sort of chemical additives to keep it from browning that you find with more conventionally grown lettuce. This leads to a tradeoff where the lettuce is more fresh and nutritious but can spoil much faster.

To make your lettuce last as long as possible, we recommend investing in a simple salad spinner. (We have 3 of them and got two at Marshalls and one at Target. They are inexpensive and a lettuce saver!!) Once you get your lettuce mix or lettuce head home, give it a quick cool bath if it looks wilted and then spin it (or pat it) to get it as dry as possible. Then put it in a plastic Ziploc bag in the fridge and enjoy it as soon as you can.

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.

- * Cabbage; Cone OR Green
 - * Cucumber
 - * Fennel
- * Giant Kohlrabi
 - * Kale
 - * Lettuce Mix
- * Red Summer crisp Lettuce
 - * Scallions
- * 1 of the following: Summer Squash OR Beets OR Cauliflower OR Cherry Tomatoes

Farm Pictures



Above: A big beautiful head of the red summer crisp lettuce.

Below: Fennel with all its long stalks & fronds.



Above: One very long row of lettuce mix ready for harvest.

What are all these veggies in my box?

Cabbage: Some of you will find green cabbage in your box. This is the big round green cabbage found in almost any grocery store. Others will receive the cone variety which looks like a huge raindrop or ice cream cone of cabbage.

Cucumber: The first crop of our cucumbers unfortunately did not make it more than a week or so and they died. We replanted a new crop, started them in one of our hoophouses and are now beginning to harvest them!

Fennel: This is the flat white bulb with feathery fine leaves (called fronds) on top you will find in your box. Fennel has one of the most distinct smells around as most people believe it smells strongly like black licorice. Fennel can be stored in the fridge. All parts of the fennel plant are edible!

Giant Kohlrabi: This variety of kohlrabi will look very similar to the kohlrabi you have received over the past weeks except this variety is larger. And guess what, it is supposed to be giant!!

Kale: This variety of kale is called dinosaur kale because the leaves have large bumps or ruffles that make it look like dinosaur skin. Like other varieties, it can be stored in the fridge.

Lettuce Mix: Like past weeks, this is the mix of baby greens you will see in a plastic bag in your box. Remember, as this is fresh lettuce, it is best if eaten as soon as possible. Don't hesitate to give this mix a good spin in a salad spinner if possible before putting it in the fridge as that will help keep it dry.

Red Summer Crisp Lettuce: This is the light red/green color head of lettuce you will see in your box. This is great on its own for a salad or can be used as an addition on any sandwich or hamburger. Wash thoroughly before use!

Scallions: The scallions in this week's box are from a new planting of the field so they will be slightly smaller than the ones you received last week.

Summer squash OR Beets OR Cherry Tomatoes OR Cauliflower: All of the plantings of these 4 veggies are coming into maturation which means that some of the planting (crop) is ready while others are still maturing to full growth. Because different numbers of all of these are coming at one time, we are doing some mix and matching so everyone will get a chance to enjoy at least one of these veggies this week!

Roasted Squash & Fennel with Thyme

Ingredients:

- 2 small summer squash
- 1 1/2 cups sliced fennel bulb, (about 1 small bulb),
plus 1 tablespoon chopped fennel fronds, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup thinly sliced garlic

Preparation:

1. Preheat oven to 450°F.
2. Quarter squash lengthwise, then cut crosswise into 1-inch pieces. Combine the squash with sliced fennel, oil, thyme, salt and pepper in a large bowl. Spread the mixture evenly on a large, rimmed baking sheet. Roast for 10 minutes. Stir in garlic and roast until the vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds and serve.

Serves 4; adapted from: eatingwell.com

Braised Kale Frittata

Ingredients:

- 6 large eggs
- 4 large egg whites
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 ounce Gruyère or Parmesan cheese, grated (3 TBSP)
- 2 tablespoons chopped oregano
- Cooking spray
- 2 cups Braised Kale without cheese, drained, finely chopped
- 3/4 cup chopped cherry tomatoes

Preparation:

1. Preheat oven to 375°F. In a large bowl, whisk the first 6 ingredients (through oregano).
2. Lightly coat an 8-inch ovenproof cast-iron or nonstick skillet with cooking spray. Heat over medium. Add the kale and tomatoes. Cook, stirring, until hot (about 3 minutes). Add the eggs and swirl to distribute.
3. Transfer to the oven and bake until set and hot (about 20 minutes). Cut in wedges.

Serves 4; Adapted from health.com

Fennel Baked in Milk

Ingredients:

- 3 medium bulbs fennel, fronds reserved
- 4 cups milk
- 4 tbsp. unsalted butter
- 1 tsp. fennel seeds, crushed
- Kosher salt and freshly ground black pepper, to taste
- 1 cup freshly grated Parmesan

Preparation:

1. Heat oven to 475°. Remove tough outer layer of fennel. Halve bulbs lengthwise and cut into 1/2" wedges. Combine fennel, milk, and 2 tbsp. butter in a 4-qt. saucepan over medium-high heat and cook, stirring occasionally, until fennel is just tender, 30–45 minutes. Add fennel seeds and season with salt and pepper.
2. Using a slotted spoon, transfer fennel to a 2-quart oval baking dish; pour 1 cup of the milk mixture over fennel. Sprinkle with Parmesan, dot with remaining butter, and bake until golden brown and bubbly, about 20 minutes. Serve fennel garnished with some of the fronds.

Serves 4; Adapted from saveur.com